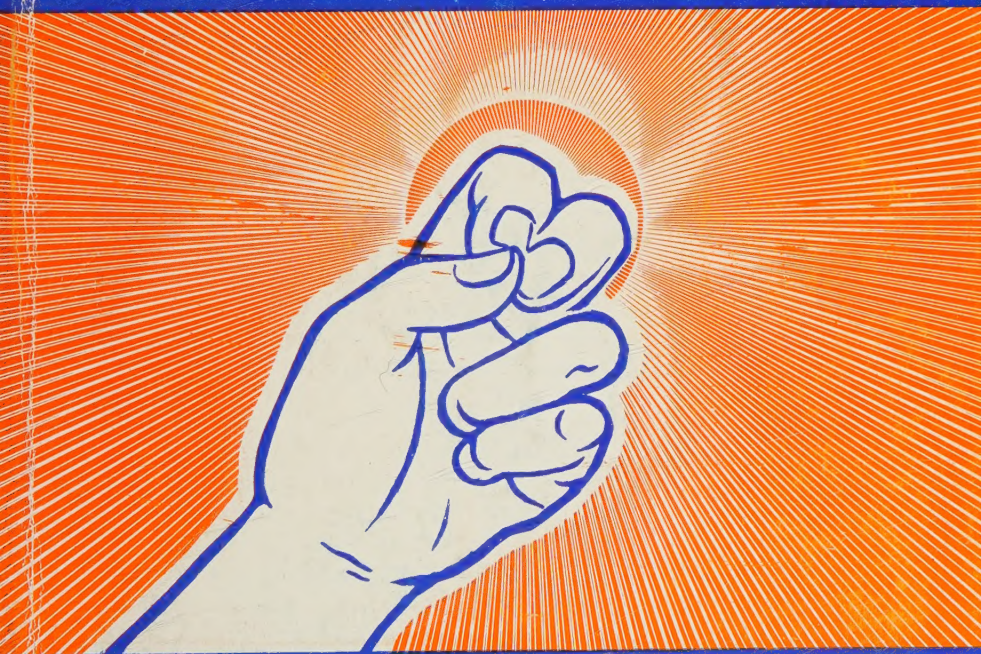
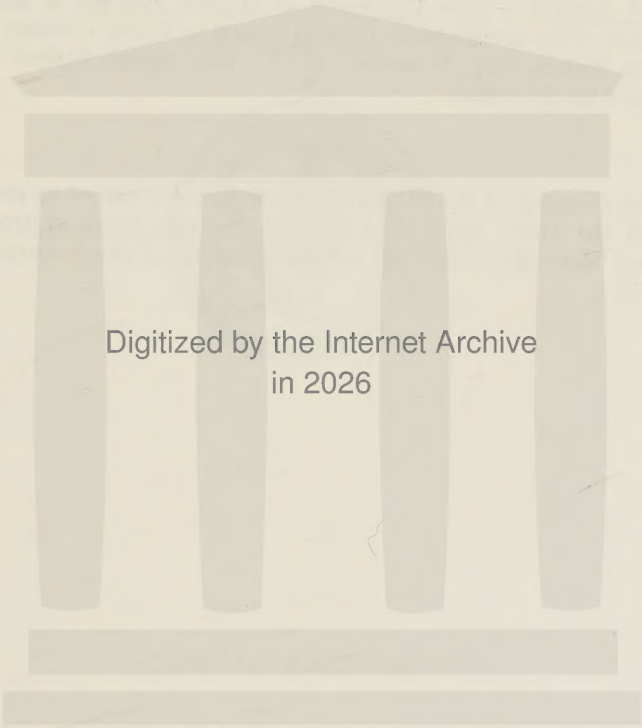
MIND CONTROL®

New Dimension of HUMAN THOUGHT



EMILIO GUZMAN

The hand appearing on the cover has become a symbol of Mind Control. It seems to be holding an invisible key. This can be a key to memory, a key to intuition, and in a larger sense: The Key to the Kingdom.



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MIND CONTROL®

New Dimension of Human Thought

Emilio Guzmán

DEDICATED TO THE PATHFINDERS IN THE EVOLUTION OF HUMANITY.

. . . beyond the mysterious doors
that are opened by the eyelids
when they close.

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INTRODUCTION

Thought is like a gigantic eye beholding two worlds. The exterior and the interior, the objective and the subjective, the universe of matter and the universe of imagination. In the former, human knowledge has forged ahead with tremendous strides. Through our telescopes we have managed to survey an endless magnificence in which our sun with its colossal furnace is merely a spark, and our planet – which we once held as the inmovable center of the Universe – is no more than a speck of cosmic dust.

Man stands upon the scaffolding of a technology that expands boundlessly the dimensions of time and space. He has displayed the genius for creating instruments that penetrate 100 million light-years into space. He has tampered with the atom shattering its structure and unleashing fearful forces. But in the glitter of all these doubtful victories, he has failed miserably in learning to perceive and evaluate properly, this other splendor which is the source of everything, and at the same time, dowry and heritage of every man. The World of the Mind.

This omission represents a tragic mistake, and our present day material-minded culture has come face to face with the threat of having to pay for it with complete disaster. For we can no longer shut our eyes and plead ignorance to the knowledge that above our heads, circle numerous satellites loaded with our infernal achievement: atomic destruction. Nor can we ignore that in the laboratories of the leading nations, work goes on relentlessly to outdo the mutual threats that have long ago ceased to be national concerns and have become global anxieties.

Meanwhile, at a time when the powerful nations of the world seek desperately to stop at the brink of the abyss, and while the world flounders about in a sea of spiritual unrest,

we must witness another appalling scene. We are forced to stand by and watch the pitiful agitation of our youth stranded in a vacuum. This can only be ascribed to the pathetic neglect of previous generations. For in the mad race of technological conquest, and in the fabulous possibilities that materialistic science pours into our lap, we have omitted guarding our youth from the profound disorientation it now suffers. We have permitted the traditional beliefs, both moral and religious, to crumble away without rational substitutes for the young men and women who live and die as victims of stupid wars conducted by their elders. These conflicts which will some day appear in history in their true light, will show Greed, Ambition, Self-seeking Wealth, and many more hapless motivations as the true criminals that have led humanity into these blind alleys. But the youth of the world already forming part of our posterity is no longer willing to permit such incompetence in the driver's seat. Thus their inconformity.

Let us then attempt to understand all these movements of student agitation, psychedellic hallucinations, motorcycle gangs, sexual libertinage, drugs . . . for it will get us nowhere to shudder at the sight of long-haired hippies and explain it away hopefully as a passing fad.

Our generation, and those that are arriving upon the scene, are being forced to watch a spectacle very similar to the slow crumbling of an old building. We have come to witness the disintegration of traditional tenets that have become petrified and useless through the centuries. It is not that their basic foundations are mistaken. Truth, justice, love, beauty, are eternal verities in the aspirations of mankind. However we cannot overlook the fact that this same mankind has now emerged from darker times and demands platforms that reason can respect.

Let us then realize that it is imperative to erect rational philosophies and methods which like those that are put forth in Mind Control in its vision of solving human problems,

will carry within them the seeds of transformation, a means of regenerating humanity, setting it free from the decay that decomposes and stains it.

Violence, a shameful remnant of the beast, unfortunately continues very much with us, and man inflicts upon his brothers murder and mutilation in the name of war and in the raging passions of daily life. One merely has to glance at the newspapers to be served with ample stories and pictures of these daily tragedies, while other aspects of human suffering are not even news-worthy. The waiting rooms of heart specialists, neurologists, and psychiatrists bear ample testimony to an endless stream of human drama. This represents a disgraceful reflection on our intelligence when one stops to consider that the majority of these conflicts could have been avoided if we had not overlooked so shamefully the proper management and control of our mind.

It is difficult to understand how we could have neglected so sadly the mysteries and the fabulous potentialities of the mind when this represents the only plank that may save mankind from disaster. Our world faces critical urgencies that must be met before we can go on. Humanity stands at a cross-road and man must realize that everyone of his actions edifies or destroys him. We must understand that our ties with the rest of the human race cannot be severed. And only when all these realizations are absorbed, can we hope to find the currents that may lead the world to a new dawn.

The key to all this may be found in the hope that mankind may rediscover in the dimensions of the mind how to regain its lost balance. We must recognize that the only hope for the Second Phase of Evolution on this planet lies in the moral and spiritual search which can only be undertaken in the Subjective Realm of the mind.

In a word, man must turn his eyes toward the majestic

lands of his spiritual universe with the same burning drive which led him to explore the universe of matter.

Through the pages of this work we shall examine techniques and discoveries of outstanding significance, directly aimed at the unfolding of mental forces chained within man. Here we shall tell of the wondrous world which is the fountainhead of endless energy and fertile creativity. It is a treasure we may all tap when we discover how to make our brain function at the Alpha levels. A process that offers sorely needed antidotes against the poisons of anxiety, tension, and fear. We shall also speak of the Beta level where thought in undisciplined agitation wastes its energy and allows us to be destroyed by the very mechanisms created for our survival. Throughout this book we shall often refer to these two spheres of action as: Beta, the objective and material world and Alpha, the subjective world, source of creativity and imagination.

The founders of Mind Control are aware that the world must find its balance in order to survive and reach the next phase in its evolution. This is the stage in which mankind must integrate in due proportion the driving interests and ambitions of the Beta level with the spiritual intuitions that are glimpsed on the horizon of the Alpha levels. Only then can we hope to reach the summit where in a glowing encounter, Philosophy, Science, and Religion may fuse into a shining beacon of hope for the future of man.

However, let us not assume that because the creators of Mind Control are keenly aware of all this, have they directed their course toward goals of hazy idealism. On the contrary, as the reader grasps the contents of these pages, he will soon realize that these methods stand on very solid ground. This is the full recognition that any discipline offered to humanity in modern times must be realistic and practical. Therefore, the ensuing chapters are devoted to a clear presentation of the techniques that have been designed to serve in a manner obviously applicable to daily life such

as is lived in our civilization and in our time. This is why a thirsting world is pressing to know about the methods created by JOSE SILVA – the unusual man who will be often mentioned in these pages. The word is spreading that the simple but effective disciplines of the mind, created by this enlightened researcher, are rich in applications to the solution of human problems and become a powerful instrument in a quest that concerns every human being on earth. THE PURSUIT OF HAPPINESS.

1

THE ELECTROENCEPHALOGRAPH (EEG) AND MIND CONTROL

According to the experts, four billion years ago our earth and the solar system to which it belongs had not yet appeared upon the scene. This is a rather vague way of dating the birth of our planet, but the truth of the matter is that the story of man and his world are quite lost in the haze of time, and it is only through inference and tenuous traces that we are able to assemble hypotheses that attempt to reconstruct the roots which account for our present existence. How many billion times has our world made its yearly trip around the sun and at what point during this endless spinning did man appear on stage – nobody really knows. But when we speak in terms of millions it is difficult to grasp the meaning of all these years, and perhaps it would help, in order to conceive such cosmic proportions, if we were to imagine that from its nebulous formation to this date our earth is one year old and that the advent of man upon the planet has just happened during the last six hours. Thus may we understand our position as veritable newcomers, although in true chronology our arrival may well cover more than a million years. In spite of such simplified terms it still remains shrouded in mystery what has been going on during most of these six hours, or million years, for man's autobiography, his own recorded

history, barely covers the last five thousand years as a written document. Anything previous to this is what we call prehistoric times, and here we can only guess by the meagre clues that have survived the destructive forces of time. A human jaw here, a few primitive implements there, murals in the caves of Lascaux (ten to thirty thousand years), gigantic monuments like the Sun Temple at Stonehenge, and suddenly one of these ferreting explorers, Hurzeler in Italy, discovers in a coal shaft six hundred feet deep fossilized skeletons altogether similar to those of contemporary man, embedded in geological strata dating back fifteen million years! Where does this leave our "six-day-million-year" arrival? The fact is that Homo Sapiens in his genealogy is a very complex puzzle best to be deciphered by the restless specialists.

For those of us who are more concerned with affairs of the present and hope to leave a better world for the ones that follow, our interest is engaged in another direction: holding objectives more concerned with the future of man rather than with his past, searching for the realms where extrasensory perception and intuition may yield the keys to the promised kingdom. However, we may speculate that the reason man did not leave written records of prehistoric times might be found in the explanation that he had no need to speak or write, that he possessed at that time the capacity of direct mental communication, and possibly the traditional story of the Tower of Babel is no more than a symbol of the time when man lost the power of telepathic exchange and had to resort to the mechanics of word language. A poor substitute indeed, for in spite of the 5,800 languages and dialects now covering the world, we still have difficulty in establishing clear communication, even among people sharing the same mother tongue. The mysteries that surround the long trek of mankind are so thick and numerous that we, the simple specimens lacking the antennae of esoteric revelation, can only cast our glance upon the more tangible reaches of human conquest and note that throughout this brilliant march there is nothing that may compare with what unfolds before our eyes in this

century. This mad rhythm of technological achievement, how will it ever end? Where will it lead? How is it possible that this bottomless cornucopia of scientific wealth may continue pouring discoveries into our lap? We have only to look back upon the last hundred years – a mere flash in the pan of history – and we are forced to admit that at this rate humanity must very soon meet decisive confrontations, or that perhaps we are already in them, and we don't realize it.

Communications, aviation, electronics, computers, space travel, atomic energy, laser beams – where was all this last century? Only in the most daring fantasy of visionary dreamers like Jules Verne writing that first science-fiction that our science-fact has already left far behind.

It is evident that this dazzling phenomenon of technological acceleration follows the principle of branching which amounts in fact to a geometrical progression for, in the growing structure of scientific exploits, every breakthrough opens the way to new paths leading in turn to further accomplishment and adding at a dizzy rate to the bewildering growth which we now witness. And here we are already face to face with the first and most important conflict that concerns the Alpha and Beta levels of the human brain. For whether this miraculous evolution of the world of matter leads to a healthy development or portends a malignant growth, whether it will carry us on the wings of a positive projection or spell disaster for the human race is the very crux of an impending decision in which only the spiritual elements of the Alpha planes may help the world to take the proper road.

Mind Control owes much of its achievements to these technological branchings of which we speak. The world of science was limited to the knowledge that brain is the instrument of the mind, but it had no way of measuring either one. Mind, owing to its abstract and cosmic essence, probably could never be submitted to standards of measurement, but the electrochemical elements of the brain were something else. It was here that in 1926 Hans Berger, a

German scientist, came through with what amounted to a milestone. The primitive machine that he invented at that time is known as the electroencephalograph, or EEG, and at present is a highly sophisticated electronic apparatus that can furnish precise readings of brain activity. It would be time-consuming at this point to attempt a detailed explanation of the complicated mechanism and functioning of a modern EEG. It requires experts to interpret the tracings left by its batteries of eight or ten graph-points leaving in their fluttering wake upon a roll of paper the recorded story of activity within a brain. For our purposes let us be content to know that through this science man is able to know at any time the degree of activity taking place in brain cells or neurons. The electric principles which have permitted the lifting of the curtain on neuron functions are easily grasped from a layman's level. Brain operates on about 25 watts of electric energy and the current generated produces a voltage which can be detected by the EEG and similar types of equipment through the use of electrodes (small metal plates) laid against the skin of the cranium. The current passing through the skull and the skin is picked up by these electrodes and relayed to the EEG which amplifies the signals and converts them into motion of its graph-points. In this manner it is possible to obtain readings of brain activity at any time and under various states of mind. As a unit of measurement for this energy, we use the term CPS (cycles per second) for although the current which comes through is not an alternating current changing in polarity from + to – (positive to negative) it still produces a pulsating effect (variable intensity) which permits cyclic reading. Such throbbing or pulsation changes its rhythm or CPS in accordance with the different states of mind in a subject and therefore indirectly, in reading the dynamics of the brain, we have found what amounts to a measurement of mind activity. But let us not be hasty and jump to any misleading conclusions, for we must not forget that although the brain is the organ of the mind there are important differences to be reckoned with and one of the basic teachings in the Mind Control methodology is that high activity in the brain is by no means a

criterion of *mental activity at its best.*

A basic tool in the Mind Control classroom is the chart included in this book. This chart with its significant color scheme was carefully designed under the direction of Jose Silva, creator of Mind Control, and it portrays a superimposed image of brain activity in relation to various levels representing states of mind.

Harry McKnight, Associate Director of the Institute of Psychorientology, has written a concise and brilliant work entitled "Silva Mind Control Through Psychorientology." His description of this chart if worth quoting:

> The *Scale of Brain Evolution* is sort of a descriptive map of the relationship between brain and mind. It is this chart that every Mind Control Instructor shares with new students at opening seminars. He explains that it reflects the best in research to date in the field, though the findings are tentative. After all, the scientific method is self-correcting; as more data come in, the previous findings have to be interpreted in the light of new facts uncovered. Although he is given considerable creative scope, he starts usually by pointing out that the brain operates on about 25 watts of electrical power and that the brain's electrical activity causes a voltage to appear through the skull and scalp which can be detected by EEG (Electroencephalograph) types of equipment. The basic units of measurement to describe this energy are the microvolt and cycles per second (CPS). A cycle (as in bi*cycle*) means a circle or completed revolution from beginning to end. The cycle in current which is AC can be expressed in amplitude (height), polarity (+ or −) and frequency. (Cycle: A complete set of recurrent values as one complete positive alternation and one complete negative alternation of an alternating current. Usually represented by the sine curve.) DC pulsating cycles appear like AC current, although it is DC in itself. (Pulsatory Current:

continuous current, constant in direction, but periodically varying in intensity so as to progress in a series of throbbings or pulsations, instead of with uniform strength.) That you can have certain frequencies per second gives the term "cycles per second", or CPS. If we start at the lower hash mark of the chart, we notice at the bottom that we have Delta, flanked by a question mark and the word "Unconscious". The hash marks in this band of frequencies go up to about 4 CPS from approximately .5 CPS. That band of frequencies is about the lowest detectable by present day equipment. Naturally, 0 CPS would mean, if it continues, a brain that is not functioning. But in a live brain scientists typically uncover some EEG activity.

The question mark indicates that scientists simply have no researched facts in the laboratory published to know what is going on there. We have no self-reported awareness to indicate a level of consciousness so we call it "Unconsciousness". It is believed that there is awareness there, and we may be able to control it some day, as we think the most developed adepts in our planet's history have. To date, however, scientific findings concerning Delta awareness are limited.

As we move up the scale of hash marks, we reach the 4–7 CPS band of frequencies. This is referred to as the Theta range of brain waves. The Theta frequencies are now being researched as the most significant frequencies in certain problem solving by animals and man. They are typically correlated with levels of sensitivity to pain, etc. Deep regression studies and reincarnation-type studies can be done when the subject is functioning in a controlled way at his Theta frequencies. Professionals involved in psychotherapeutics using altered states of consciousness find this range most effective for many deep-seated problems and for reconditioning behavioral patterns.

The next range of frequencies, the Alpha rhythms, from about 7 14 CPS on our chart, is of particular interest. Although both Alpha and Theta are Inner

Conscious dimensions, we are establishing controls particularly of the Alpha, with control of the Theta following upon more training and practice for problem solving. It was the Alpha rhythm that Berger first discovered in the late 20's. For a time these Alpha rhythms were referred to as Berger rhythms, but later were renamed according to the present terminology. These frequencies are also called "R E M Area" because in dream and sleep research, it has been found that the eyes can rapidly move when a person is dreaming; thus, Rapid Eye Movement, abreviated R E M. Further research indicates that there is also Non-REM dreaming, however, so we present that bit of information tentatively about Alpha. If you want an indication of what scientists are talking about, you can close your eyelids, turn your eyes slightly upward, and your eyelids start to flutter. This flutter accompanies a stronger Alpha output on the Alpha Sensor, or similar types of feedback instruments so available on the present market.

As we examine the chart, continuing up the hash marks, we arrive at what are called Beta frequencies and Outer Conscious Levels. Beta is the less synchronized as far as energy is concerned but is the highest peaking in terms of brain wave frequencies. Beta ranges from about 14 to 21 CPS typically, but can spike up to 50 or 60 CPS, and even higher. As you read this book, look around at your surroundings, or listen to audible noises, you are functioning predominantly at Beta. You may have also a mixture of some Alpha and Theta; rarely do we seem to have a resting frequency or an unmixed frequency without training. Beta is the frequency of brain positively correlated with using your so-called five senses. It is the world that the physical sciences are detecting and measuring to uncover lawful relationships. It is the typical world of Time and Space categories known to philosophy and science. It has been estimated that adults without disciplining their minds function at Beta about 80% of the time. The other 20% are indicative of Alpha-Theta-Delta functioning, particularly

at night when they sleep."

From the above it is clear that all the training received by a human being from early childhood stresses functioning at Beta levels and is developed in natural and schoolroom environment, teaching him to rely heavily on physical senses and concepts of time and space of the physical world, and thus absorbing from infancy venerated axioms such as "time is money" with the implicit notion of money as the ultimate goal in the Beta set of values. But here cerebral energy is like an undisciplined colt in the open range, running and cavorting to and fro, spending his power in unbridled waste, followed and plagued by flies and gnats forever buzzing around the mind in the shape of fears, worries, tensions, and anxieties.

While on the other hand the Alpha and Theta levels present quite another kingdom. The chart labels it "Spiritual World" and this means the subjective province of the inner lands that lies "beyond the mysterious gates which the eyelids open when they close." Here the mind is freed from the rigid conditions of matter, and the imagination may spread its wings and fly unfettered by limitations of time and space, free to explore the visions of inner worlds, free to expand, free to create.

This is a world that man has forever tried to enter. Drugs, with the terrible penalty of addiction and brain destruction, are simply an awkward groping after this dream. The state of reverie and abstraction which is reached in meditation through oriental disciplines is another means, but the demanding mystique of these cults often requires fifteen to twenty years of austerity and perseverance before attainment. One could have hardly predicted that eventually a little giant arising from the southern border of the United States would one day hand us a means of reaching this ancient aspiration through a compact and dependable method of training which within forty to forty-eight hours of classroom time can render results. But such is the case, for the man who gave birth here in our own America to the methods that

could transfer the ancient wisdom of the Orient to the reigning life of our times has kept throughout his research, over a period of more than twenty-nine years, the vision of a goal never surrendered; the realistic concept of a method geared to the urgencies and circumstances of the world that he was destined to enlighten.

Oriental disciplines have attained extraordinary feats that appear as supernatural. Trancelike states in which the adept sublimates thought and transposes the limitations of matter, astral projection to distant places, extrasensory perception or direct knowledge, astounding control of the autonomic mechanisms normally governed by the subconscious. These and other amazing achievements have always been considered beyond our power and completely outside the scope of our daily routine. These exploits, if true, we leave to those initiated in the lore of places which we consider remote and exotic lands. Our western civilization could hardly follow such pursuits, unless one were ready to become an eccentric character like Larry in Somerset Maugham's "The Razor's Edge".

Before these interesting capacities could be contemplated by western man, it was necessary that their aims and methods be transposed to another key more comprehensible to him. For otherwise who among us, "doctors or lawyers, butchers, bakers, or candlestick makers", simply cogs in the wheels of western civilization, would be ready to withdraw to a mountain top in order to learn the secrets of relaxation and meditation?

This would have failed, as it has happened so many times in the attempted transplants of oriental philosophies to our continent, for though they may have left luminous traces, only small groups have been found ready to sacrifice conventional success and willing to jeopardize social and family ties in order to seek the summits of Nirvana. It was necessary to find forms that would afford access to modern man, and training compatible with the tempo of daily life. This is

where Mind Control found the singular guidance that has produced an approach that leads to tangible results in the remarkably short time of forty to forty-eight hours in a classroom. No one is claiming that upon graduating every student will be ready to vie with Hindu fakirs. The goals are reasonably moderate, practical and realistic. Students are simply promised – and graduates give ample testimonials of fulfillment – that vital realizations will be placed within their reach.

Education of the student is unmistakably channeled towards a basic objective which is that of making out of each graduate an independent, self-operating exponent of the methods learned, so that upon completion of the course, free from all dependence, he may use the technique acquired in a manner entirely governed by his own free will. As a result of work covering over a quarter of a century devoted to testing and research, the creators of Mind Control have evolved a scientific plan thoroughly tried and proven, so that special neuronal development is progressively attained through four stages of brain cell evolution with twelve hours of classroom work for each stage. Step by step in a firm unfolding, the capacities are developed to a degree in which the student has achieved powers which at the beginning of the course might have been viewed as the fanciful promises of charlatans.

Here we list some of the goals for which every student – in accordance with personal aptitudes – will learn techniques that will help him to unfold his faculties:

- Development of mental powers latent in all.
- Voluntary and self-conducted physical, mental and spiritual relaxation.
- Eradication of tensions and anxieties.
- Methods for dissolving worries.
- Techniques to renew energies and eliminate fatigue.
- Affirmation of self-confidence.
- Mastery of assured speech.

- Human relationships, good humor and tolerance.
- A well-centered personality.
- Dynamic balance.
- Recognition of positive and negative values.
- Development of optimistic attitudes.
- Success. Understanding and attainment of meaningful objectives.
- Vocational orientation at the sub-conscious level.
- Natural sleep without drugs.
- Mental control of pain and bleeding.
- Muscular and glandular relaxation in digestive problems.
- Techniques against psychosomatic illness.
- Habit control. Tobacco and over-eating.
- Development of memory, concentration and learning.
- Communication with the subconscious.
- Dream control.
- Concepts of ethics and service to humanity.
- Serene acceptance in adversity.
- Love and the family.
- Extension of mental help to the loved ones.
- Projections of health and happiness towards others.
- Mind Control and children.
- How to forge solutions to human problems.
- The powers of creative imagination.
- Understanding and influence over the concept of happiness.
- Final test of ESP for each graduate.

These and many more applications will suggest themselves to the student, for once the mind has opened avenues of enhanced utilization, the principles may be applied in original patterns suitable to many personal situations.

The sequence and the timing in lectures, rest periods, and question and answer time, as well as the distribution of conditioning exercises is the successful result obtained after many years of experiments in individual and group testing. All has been wisely woven so that the student is carried along on a road of mounting interest, stimulated by

the increasing discovery of new ground, and fully aware of his own development. Thus he rarely feels fatigue or loss of interest. Homework is not requested during the course. It is a training received under the instructor that will yield effective results, awakening latent faculties which upon application to daily problems will grow in due proportion to the interest and necessity of the individual.

The following is representative of the brochures issued by Silva Mind Control Training Centers:

Birth of the Silva Mind Control System

In 1944 Jose Silva in the United States discovered "by chance" the track that would lead him, after long and patient research, to the method which at present, in its highly evolved form, is known as the Silva Mind Control System.

Throughout a long story of painstaking effort, Mr. Silva explored many roads, even those of the fascinating oriental disciplines. Yoga, Zen, Buddhism, Transcendental Meditation and several other schools of mental training surrendered their secrets to this incisive search. Little by little the tireless scientist submitted his findings to the standards of modern science and selected the techniques that could be incorporated into this inspired creation which justly bears his name and is now spreading as the Silva Mind Control Method. Two banners were rigidly upheld through these long years of testing and research. Every step, in order to earn validity, had to bear a double stamp which was "the repeatable experiment" and "the possiblity of application to daily life".

Alpha Waves

The best elements of human wisdom in this field were distilled and submitted to the unmistakable verdict of the electroencephalograph. Brain activity was carefully observed in the wave pattern which it produces on the various states

of mind, even in deep sleep. And it was clearly demonstrated that it is the Alpha wave length where human beings may attain the lucid conditions that lead to fertile thought, to creativity, to health, to success, and spell the formula for that elusive condition known as happiness. To enter the Alpha levels at will is the immediate benefit that Mind Control bestows upon its students. It is achieved through a system of compact training which in the notably short time of forty to forty-eight hours obtains results. Such results would appear as incredible were it not for the testimony of a fast growing number of alumni in the United States, Canada, Mexico, South America and Europe.

Students who have taken the course are enthusiastic and go so far as to claim that Mind Control has changed their luck. But "luck" is a myth and it has been established that it is merely through a happy integration with his surroundings that man creates his own good fortune and success in his enterprises. It is simply a matter of learning to program this marvelous computer which every man carries within himself – The Human Brain.

The Four Stages of the Course

Silva Mind Control is based on purely scientific research and directed towards giving the student elements that can be applied in a natural and practical manner to everyday circumstances. The course is divided into four stages and from the beginning the student is supplied with mental instruments for setting himself free from tensions. He is also given techniques for inducing natural sleep at will and for channeling all the human components of his body towards physical and mental health.

First Stage. Controlled Relaxation (Course MC-101-CR).

Relaxation is the gate to the Alpha Level. Beginning with this first stage the student learns to follow a road of increasing ability for entering the levels of controlled relaxation and starts to receive immediate benefits. He is given formulas for vanishing both tension and migraine-type

headaches. Dream control, also included in this phase, leads to an understanding of the principles governing communication with the subconscious.

Second Stage. General Self-Improvement (Course MC-202-GSI).

In this stage training continues for awakening the underdeveloped neural areas in the brain. Visualization exercises and image projection in memory exercises help to develop subjective perception and the student is given techniques for enhancing concentration and retaining information for future recall. At this stage are planted more formulas for solving human problems and for using intuition in making correct decisions in daily life. The course also teaches during this phase how to program help for the loved ones. The student is further instructed in other fascinating techniques such as Hand Levitation and Glove Anesthesia. Finally, at this phase training is given for creating favorable situations and controlling habits such as tobacco and weight problems.

Third Stage. Parapsychology and Mind Control (Course MC-303-ESP).

In this phase extrasensory perception is given a wider scope and better understood as effective sensory projection. Without any doubt the most fascinating portion of the course is covered at this stage. The so-called "sixth sense" is here established as a tangible attainment through exercises that give the subjective senses ample scope. The mind is trained to penetrate the inner structure of the mineral, vegetable and animal kingdoms. The student obtains his first glimpses of parapsychological achievement. This phase also affords memorable experiences in the creative dimension.

Fourth Stage. Application and Final Demonstration (Course MC-404-AESP).

Projection into human anatomy and mind. Consolidation of previous phases into a final fulfillment, and a most convincing terminal demonstration in which the student establishes his own proof of the powers obtained for aiding

himself, his loved ones, and his fellowmen. Final exercise in helping to solve human problems.

2

THE STATES OF AWARENESS

In the foregoing chapter it has been explained that the Mind Control Chart places the states of mind occurring when the brain functions under 14 CPS as "inner conscious" levels. It would be a good thing at this point to elucidate some of the vocabulary that has become necessary in order to fill the needs of new concepts arising around this subject. The important work done by Jose Silva has created new situations that cannot be overlooked. This alters traditional notions and their corresponding terminology requires clarification. The new science of Mind Control has brought forth the need to recognize specific situations which call for adjustments in former scientific tenets. The classic notions of the past ran something like this: "Conscious thought could only appear in the outer conscious levels (over 14 CPS). Below that, between 14 and 4 CPS, lay the subconscious levels where man could not cerebrate with awareness (much less control)". The lowest plane known as Delta represented the levels of unconsciousness reached in deep sleep. But now Mind Control appears upon the scene and builds a highly successful method based upon the radical demonstration

that the individual can be perfectly aware and in full command of his mind while in the subconscious levels below 14 CPS.

Furthermore, the subject trained to enter such a state of mind can ask or answer questions and exchange ideas while remaining in that condition. Hence a new term was born – Inner Conscious Levels.

However, not wishing to confuse the issue at this point and in order to make our work clear to all schools of thought, let us establish a convention. All states of mind below waking consciousness and above the unconsciousness of deep sleep will be designated under the classification of "subconscious" which in relation to brain activity means all levels between 4 and 14 CPS encompassing Alpha and Theta activity.

It has been generally accepted through observation and scientific investigation that the structure of the personality is made up by a conscious and volitional activity used for survival in daily life, and a deep underlying stratum of subconscious energy, source of creativity and outcropping of the mental processes generally known as intuition and inspiration. The spontaneous phenomena of the subconscious are abundantly documented in anecdotes that have arisen time and again throughout the history of mankind in all lands and places.

Charles Darwin, the noted creator of the Theory of Selective Evolution of the Species, in a brief attempt at autobiography wrote: "I can remember the very spot in the road whilst in my carriage when to my joy the whole solution came to me". He was, of course referring to the unyielding research that he and A.R. Wallace had been pursuing. Wallace himself, recovering in bed from illness, also conceived, unexpectedly, brilliant ideas related to the same work they were both doing.

It is also well-known that Albert Einstein received important

inner disclosures bearing on the concepts of time and space when the great mathematician was resting in bed recovering from poor health, and it is common knowledge as well that Sir Isaac Newton, relaxing under an apple tree while idly observing the fall of an apple, embarked upon a train of intuitive thought that led to revolutionary discoveries concerning the Laws of Gravity.

Perhaps the case of Dr. Townes and the laser beam is not so generally known. It would appear that Dr. Charles H. Townes, at that time teaching physics at Columbia University, on a balmy spring morning found himself basking in the sunshine on a park bench pondering quietly on the problem of microwaves. In his trend of thought a subconscious itch, most probably due to previous effort along the same line, produced the birth of ideas which led to a dramatic achievement on this scientific device which still awaits development of its full potential but has already made impressive demonstrations. A team of engineers in a laboratory at Schenectady pointed the laser beam at a diamond and simply by pulling a trigger burnt a hole through the diamond instantaneously. On another demonstration of the potential in the laser beam another group of scientists directed the beam upon the dark side of the moon and illuminated a two-mile area making the beam travel at the speed of light and illuminating a distant planet for the first time in history.

In surgery, great hopes are pinned on the future use of this device, for this instrument born through an intuitive flash upon the brain of a scientist has already made hopeful demonstrations of its power. In a hospital in New York, working with a ruby laser, doctors were able to project a beam aimed at a tumor located in the rear wall of a living eye. The tumor was instantly disintegrated and the patient recovered normal sight.

Thomas Alva Edison, the prolific inventor who gave humanity more than a thousand achievements, among them the common electric lamp, made this statement, "The key to

successful methods comes right out of the air. A real, new thing, like an idea or a beautiful melody, is pulled out of space". Then he further explained that we underestimate the value of intuition for in most of his work, even in problems to which he had devoted months of hard work, the final solution had often dawned upon his awareness in a fraction of a second, usually when relaxing after intensive toil.

It would seem that these revelations obtained in flashes of inspiration are apt to appear when, after exhaustive pursuit in the analysis of a problem, the subject relaxes and brings about a change in his brain vibrations. Thoroughly fatigued, the individual is finally forced to accept rest; at last he relaxes, and it is then that the subconscious comes up with a solution.

Volumes could be filled with anecdotes illustrating this curious process recurring from time immemorial. We have stories of this as far back as Archimedes the Greek mathematician who, relaxing in his bathtub and watching the water spill over the sides, soon found himself conceiving a momentous train of thought that led to great discoveries in the field of hydrostatics.

One could go on indefinitely recalling cases in which the subconscious has brought notable contributions to the fields of science, literature and art. However, let us go on to examine the connection between these intuitive finds and the methods that are about to be discussed. The basic difference would seem to justify the registered name which identifies this work. "Mind Control" underlines the important concept of controlling the management of this process. Instead of merely hoping for the inner resources to surface spontaneously in unforeseen flashes of intuition, the student trains himself for a planned system of communication with his inner levels in self-directed awareness. Mind Control provides techniques whereby thought is moved away from the hinterlands of disruptive activity in the Beta world and leveled through conscious discipline within the Alpha planes,

where it has access to the unconfined range of the subjective realm.

This does not mean that the subject will find all sorts of genial solutions awaiting him. When such flashes of genius come up with unpremeditated answers, no doubt this happens in response to long and tenacious research. The subconscious viewed as the underground workshop of the mind, is a department that comes up with its production when the mind has labored consciously under the impelling drive of burning desire. It seems that Edison is also credited with the remark that "Genius is ninety per cent hard work".

The capacity for communication with the subconscious has several other ramifications which are perhaps more useful in daily life, and these are the interesting possibilities that appear in the field of self-suggestion.

Mind Control methods differ in fundamental aspects from hypnosis, but Jose Silva in his tireless research investigated this other science thoroughly and soon left it behind in quest of wider pastures. As in all the disciplines that came under his incisive search, he selected from it what could be integrated to advantage in the method that he was assembling. In this case the scientific principles of suggestion were incorporated in practical application.

Before we examine these applications, it should be interesting to see how medicine has found ample confirmation in the forces of suggestions. One of the oldest tricks in the bag of the family doctor is the placebo whereby a dose of inert contents may cause immediate effects upon a patient through suggestion. Capsules containing sugar and injections of pure water have alleviated many ills and, though the doctor may smile to himself, inwardly he bears a most respectful recognition of the powers of the mind.

Medicine has researched extensively in this field and, although results are firmly established, wider experimentation

would no doubt confirm the fact that mental suggestion can produce decisive effects upon the human body. The Massachusetts Hospital in Boston at one time undertook a project in which dummy injections of morphine were applied to a number of patients suffering from post-surgical pains. More than half reported grateful relief, although the injected substance believed by them to be morphine was a completely neutral liquid.

The following case taken from reliable sources may show to what extremes the power of suggestion can be carried. In a state where the law stipulated the gallows as the means of carrying out the death penalty a group of doctors found the opportunity for an unusual test. A prisoner awaiting execution was offered generous compensation to his family in exchange for his help in a scientific experiment and agreed to his own execution by means other than hanging. It was explained to him that through surgical bleeding he would suffer a painless death losing consciousness gradually and finally drifting into terminal sleep. Arrangements were made at the prison hospital and the prisoner was placed upon an operating table in a way in which he could not see the proceedings. In this position superficial scratches were made over the arteries in his arms and warm water was made to run simulating blood trickling down his arms and making a dripping noise into buckets placed on either side of the patient. The prisoner, feeling and hearing his "blood" draining away, grew weaker, fell into a coma, and finally died without having lost a drop of blood. In this case the conscious level was deceived so completely that it had no obstacle in dragging along the subconscious.

All this tends to give support to the statement often made that the subconscious is a powerful complement within us ready to supply surprising energy, and in certain cases superior wisdom, when it has been triggered by strong motivation arising in the conscious levels. The fact that this powerful mechanism tends to bring into actualization whatever the conscious mind believes and feeds into it is a tool

that can work both ways. Images of failure, illness or even death, as in the case of the condemned prisoner, will produce corresponding effects with forceful results. Conversely, pictures of health and success held with clarity and expectation in the upper mind will obtain positive results from this potent ally within us.

It is clear then that subconscious energy can be channeled and directed by means of suggestion and this can be managed in several ways. One of the most effective means of implanting upon the subconscious is through imagery. Words are also effective in a lesser way for, as Paul Broca established in his important neural research, words are so closely knitted with thinking that they tend to generate the corresponding thought simply by spoken or mentalized utterance.

In speaking for the benefit of the subconscious, certain rules must be observed. Statements should be made preferably at a time when communication is "audible" to it. The subject whose brain activity shows Alpha or Theta levels would be most receptive in that condition. Therefore, the incursions of the mind in these planes during natural or induced relaxation would be the proper moment for such programming. In the techniques of Mind Control the student is trained to enter these levels easily and once there to give commands in a manner that embodies unequivocal affirmation, confident and devoid of wilful effort.

A major condition that makes programming highly successful, whether fed in word statements or images, is that the project should be couched in terms of accomplished final results. The method itself we leave to the complex weaving of material circumstances governed by forces of Higher Intelligence. Emotional involvement in the shape of intensive need or desire is evidently an additional factor of importance. If, for example, a subject wishes to program himself for not smoking all morning, the formula would be to see himself at noon feeling very pleased for not having smoked all morning, as a result of a keen wish.

Before any processing is entrusted to the subconscious it is well to make sure that the subject formulates a believable project at the level of the commanding post. The engines below decks must receive orders that the bridge believes feasible. When a headache is causing havoc it would not do to program relief by saying "I have no headache". The conscious knows this statement to be false and the subconscious cannot take it with conviction. Better to say "the pain is going, going, gone" and results may be forthcoming.

Often a conflict appears. The subject may be attempting to program himself with worded statements of success, but if at heart he is fearful and nurtures vivid images of failure, the subconscious must make a choice, and it is always the images that prevail over the words or the willpower. Emile Coué often said that in a conflict between the will and the imagination it is always the latter that wins.

In controlling the mind the disciplines we are here describing make the remarkable claim that programming will not only determine the behavioral pattern of the subject but will extend its influence to others. Accordingly, if a subject, instead of seeing his personal conduct on a non-smoking morning, visualizes happy results at the end of a meeting and very likely obtains a positive outcome, this means that the image has caused a pattern of response in other personalities besides his own. One might then say that the principles of psychokinesis are here already apparent. This phenomenon, better known as PK, is fully explained in the following chapters.

3

THE MAN WHO TEACHES HOW TO WORK MIRACLES

The summer of 1956 had been a sizzling one and on that suffocating July afternoon Father Bonilla,* Chaplain of St. Sebastian, a parish in a small town of southern Texas, felt particularly oppressed. It was not so much the heat, oh, he was used to that, the reason for his depression was the malady that had been plaguing him for the past fifteen years and seemed to go from bad to worse. The medical profession had never solved the trouble. Many prescriptions had been tried but it was no use, and the good padre continued suffering from a great swelling of the knees that hardly allowed him to walk and often confined him to his bed as on that day.

What worried Father Bonilla especially was being unable to kneel. All his life kneeling had been the posture associated with his best moments of worship and it seemed almost a sacrilege to make his daily prayers in any other way. What was worse, the ritual of mass called for kneeling at certain stages and he had to go through the ceremony without complying in that respect. It was true that the Archbishop had granted him special dispensation in this respect, but what

* The names given here are fictitious. The episode is strictly factual.

would the congregation think?

This disheartened trend of thought was interrupted by the doorbell and the Chaplain was informed that someone by the name of Jose Silva wished to see him. When the visitor had been told that the priest was ill he had stated that it was exactly for that reason that he was calling. Silva was shown in and sitting by the sickbed he began:

– "Good afternoon, Father, I see that you are still having trouble with your knees. I have heard about this and I think I can help you."
– "Thank you, my son. I doubt that you can do much for me. Many doctors have tried but it has been useless."
– "Father, I am no doctor but for the past twelve years I have been working on parapsychology and we have obtained results much like those of faith healing with which you are familiar."
– "I have never heard of such science, and I trust that you are not getting into anything of which our Holy Church would disapprove."

At that point Jose tried to explain the principles of parapsychology and although the priest listened closely it was clear that his religious beliefs could not accept ideas that sounded so unconventional, not to say heathenish. As the interview came to an end Father Bonilla offered to think about it and send for Silva in due time. Our man left feeling sure this would never happen, but it turned out otherwise for one month later he was called to the parish house and greeted with these words, "Jose, I have sent for you because, as you know, the Lord leads us in strange ways, and a few days after your visit when I was about ready to forget that strange word you brought to me I received a circular reviewing a book written by one of the brothers in our order. Upon sending for it I found a whole chapter devoted to this parapsychology you were explaining to me the other day. Now I understand this a little better and I am willing to let you try your work on me, for as you may see I

am no better than when you came to see me". This made Jose feel more at home and for more than an hour he remained by the bedside discussing all this and other scientific subjects with Father Bonilla. When he was ready to leave the priest said:

– "All right then, when shall we start the treatment?"
– "Father, it has already started."
– "But I don't understand . . ."
– " This thing is mental, Father, and while we were talking I have done the initial work."

The next day Jose Silva, back in Laredo, was getting a long distance call from Father Bonilla joyfully informing him that a great improvement had come to him overnight. The following day another call confirmed the good news, and before the week had finished the priest was fully recovered and able to walk and kneel as he had not been able to do in fifteen years. To this day, more than sixteen years later, Father Bonilla has never again suffered from his knees.

The grateful clergyman was soon proclaiming the feat of the one who had helped him in one short hour to find the road to health and this brought great numbers of people asking for help. But this was not what Silva had in mind. The man who was destined for greater work had other goals in sight.

The case of Jose Silva is most unusual. Here we have a man who, upon awakening to the possibilities of developing subjective faculties, started researching in a manner that is at least uncommon. While conducting testing and observations, everything was tried out in personal experience and thereby, while expanding his scientific knowledge, at the same he was developing in himself the ability for controlling action at the subjective levels.

His theories were forged on the results observed and evaluated not only on the subjects with whom he ex-

perimented, but also through the powers that were evolving in him and which permitted from day to day more remarkable demonstrations. Proof of his hypotheses had to be confirmed in his own experience, and thereby he was gaining first-hand knowledge with absolute conviction that the subjective planes of the mind held realities that could be confirmed in the world of matter. But this was not all. He did not mean to keep for himself these capacities. He was convinced that they could be equally developed in others and this was to him the prime objective in his work.

Following this firm belief he conceived techniques for training others, and during the first years of his patient research he discovered that it was with children, whose minds were untrammelled by prejudice, that his ideas could be tested to advantage. His methods were designed for accuracy and maintained within the strict moulds of scientific practice. Observation led to theories and theories were submitted to testing. When the theory was verified he went ahead; when it failed in testing, it was discarded and a new search was started. His inflexible standard was the repeatable experiment and therefore anything that could not be duplicated at will was immediately re-examined.

In such a manner this man of vision acquired consciously and on a scientific quest the powers of a "miracle man" and performed numerous psychic healings that focussed on him the attention of his locality. But throughout this period of his life Jose Silva assumed a stand that may well be considered unprecedented. In the first place he never pretended to be the depositary of the so-called "healing gift". Again and again he would explain to his awestricken admirers that these miraculous cures and solving of human suffering were merely latent natural forces that he had helped to free, so that in fulfilling their function and seeking to establish their normal level they had restored balance to a sick body. He would never tire of saying "I do not cure; I only help them to cure themselves" and would then go on to explain that there was in it nothing supernatural or miraculous

that he alone could manipulate. Those who had known Jose from childhood knew him to be a simple man with no taste for exhibitionism, and attributed to the natural modesty of the man that he would often repeat the statement: "All of this, and more, you can also do".

These childhood friends could not grasp that the man who had learned to perform miracles had his eyes turned towards horizons of greater humanitarian scope. However, this was exactly the case, for this man had no interest in seeking success for his own aggrandizement, his goal was beyond that. His vision held a greater dream than becoming a local celebrity. Jose sensed that he was intended for a more magnificent crusade. Perhaps at that time he could not have worded clearly the ideal, but as his theories became confirmed from day to day, the goal became clearer, the dream came to pass, and the world has been presented with a compact and effective method whereby everyone may be the beneficiary of marvelous capacities waiting to be discovered within himself.

Going back to the years 1950 to 1960 when Silva was drawing a great deal of attention in the border region of the United States and Mexico, one wonders how it was that this man did not feel tempted to follow the flattering road of the Miracle Man. Many times this situation has appeared and followed a familiar pattern. Those in whom the gift has flourished soon feel exalted, God-chosen, and far from trying to understand how these forces operate in them they simply exploit them and keep them to themselves. Had they known how it all worked they would have tended to guard the secret jealously no doubt feeling that it would be madness to share with everyone else the privilege that was giving them so much fame, power, and frequently so much money. Incidentally, concerning the money aspect, one cannot fail to note that those who have seen in these gifts a greedy means of accumulating wealth with little regard to humanitarian sentiments often lose the gift and end up by making frauds and simulations. However, the case in point

here is that our man, disregarding the traditional behavior of the miracle healers, was only interested in affirming the techniques that could be dependably awakened in everyone. These faculties which have appeared unconsciously in others, in this case were the result of painstaking scientific pursuit, sought and enhanced with a two-fold purpose: first in the personal development and testing by the scientist himself, and then in a piercing search for the methods that would permit transmitting the knowledge and ability to others.

While this creator was thus constructing his system, in another setting the university laboratories followed along a parallel road. They were establishing by their own methods that Parapsychology could gain scientific recognition through those celebrated mathematical averages that were proving to the academic world the fact that human capacity on psychic grounds is a tangible reality.

Extrasensory perception (ESP) and psychokinesis (PK) were some of the possibilities that had been amply tested and these were two capacities that had largely occupied the attention of our researcher. Among the various motivations that can lead a man to devote long hours and even a lifetime on the path of investigation one may find all kinds of impulses ranging from the compulsion that sends a scientist in insatiable pursuit of knowledge, to the dream of fortune lying like a pot of gold at the end of the rainbow. But the reasons that spurred Silva were something else again and throughout all the years of steadfast pursuit he always kept in mind two inflexible conditions: the repeatable experiment and the practical application to daily life.

While the college laboratories embarked on endless repetitions to establish a limited conclusion, i.e. that ESP and PK were scientifically demonstrated capacities in some subjects, elsewhere a man of extraordinary calibre was after another objective of much greater scope in its human significance. His dream was to give the world not only a fragment but the whole treasure. His objective was to show

that not only a few privileged individuals possess these faculties, but that every human being has the capacities and should develop them under this simple doctrine:

1. To advance his own happiness.
2. To assist in the welfare of his loved ones.
3. To help fellowmen in solving their problems.

These goals could be pursued with the two capacities that showed great promise of practical application. The first faculty that everyone would like to acquire would be ESP, the ability to become aware of a problem through direct perception. Such direct, and sometimes distant, cognizance of situations is generally known as Clairvoyance. But knowledge of the problem without the practical possibility of rendering assistance would be worthless. Therefore, the final goal and the truly important achievement was to be found in PK, which is the human faculty for altering matter and material situations through the power of the mind. This action, which man has been exerting since the beginning of his existence, appears as truly impressive and miraculous if we only stop to think that altering matter and shaping material situations is no less than Creativity. In full realization of what this power means man should go down on his knees in sheer reverence.

Since early childhood we have heard that "Man is made in the image of God" and we have made vague interpretations in childish traditions representing the Deity in church murals and illustrated bibles showing everywhere the dignified and bearded face that Michaelangelo conceived with such classic beauty in the Sistine Chapel, while depicting the image of the Lord giving life to Adam at a touch of his hand. In spite of the fact that we are constantly using our essential resemblance to our Maker, many of us have not stopped to think that our most precious likeness with Divine Intelligence lies in the power of creating. It is in this sense that man is truly made in the image of God.

Shaping objects, forging utensils, creating situations, altering circumstances, these are actions as old as humanity, but we are in the habit of conceiving these possibilities only through physical effort and thus we have lost sight of the basic principle which is that the power of the mind is the original cause of every physical deed. That is why when a visionary creator appears upon the scene and shows us the means of shaping solutions, relief, and happiness, through mental powers, he looms not only as a scientist of imposing stature but in fact as a man who teaches to perform miracles.

When Silva and his colleagues in the early rudimentary laboratories of Laredo came upon the first sproutings of subjective perception, they soon realized that they stood before a phenomenon that for some time men had been classifying as Clairvoyance. This capacity implies the ability to perceive beyond the visual field of the retina the conditions governing any particular situation. Since subjective faculties are not limited by the dimension of time and space which controls the physical world, this means that the student exercising clairvoyance will be able to take stock of any abnormalities appearing in the anatomy of any human being, whether located nearby or at a distance. This information will be the more clearly received when the person being visualized in this manner is intensely conscious of his own suffering. Aptitudes are of course variable in this as in all human skills, but our researcher in Laredo did not fail in establishing proof that all normal individuals can be trained in a short time to attain Extrasensory Perception concerning a sick liver, an ailing heart, stone formations in the renal system, and many other organic malfunctions.

Beyond that, those who have expanded their capacities under these methods, not only "see" the ailing organ. They are able to attain a wider knowledge of the situation through an intuitive grasp that includes the state of mind of the subject, his environment, and without actually pretending to establish a medical diagnosis, they do obtain a psychic identification of the illness they perceive. But this brings

us back to the point in question. What is the use of detecting the problems if we do not have the means of rendering assistance? And this is where the practical objectivity of the researcher compelled him to seek the complement of the clairvoyant faculty providing its true finality – the solution of a human problem by influencing matter.

Now then, altering the behavior of matter through mental forces is precisely what Parapsychology has designated as PK. However, such a phenomenon at laboratory levels was merely a demonstration of the principle, for when the stolid parapsychologists rolled thousands of dice in order to establish that the law of averages could be flexed by the mind, this represented a very limited achievement as compared to what Silva had in his sights for the Mind Control methods.

Other routes of research had shown more dramatic results in the power of mind over matter. For some time past, experimentation under scientific techniques had demonstrated impressive results by directing forces of thought upon the vegetable kingdom. Many times with numerous variants the power of prayer on plants has been demonstrated as witnessed by the work carried out by the Rev. Franklin Loehr under whose scientific training, extensive work has been done. At one stage of this investigation more than 27,000 seeds had been used and 100,000 measurements had been taken. Mental power directed at plants through prayer and other forms of thought has proven time and again positive effects upon seeds. There are ample reports and literature covering the subject, and home tests are simple to conduct by anyone who cares to establish his own proof.

These demonstrations do not seem to have been seriously regarded in official circles perhaps because of their unpretentious mechanism, but they are certainly forcible and eminently visible proof that the mind of man can act and create changes upon the life of plants. This essentially means altering matter through the mind for the basic

elements in these experiments cannot be ignored. On the one hand a seed (matter), on the other, prayer or any other manner of projecting positive thought, and the final result: an undeniable difference in germination of the sprouts.

That electronics is heralding an era of valuable support to the field of subjective investigation is part of our present day scene, and this is no more than the beginning of a fulfillment of a long-standing promise: the fusion between scientific and spiritual pursuits.

When our old friend Emile Coué came along with his brilliant observations on mental behavior and its subconscious network, the EEG had not been invented by Herr Hans Berger and Coué's theories on mental activities had to remain unsupported by tangible demonstrations of the corresponding action in the brain. A similar lack was felt in Darwin's research concerning the hidden functions of plant life. In his book The Power of Movement in Plants he speaks of the sensitivity of plants which triggers the muscular response and he goes so far as to say that the tip of the radicle in a plant acts much like the brain in the lower animal forms receiving impressions from the sense organs and directing the movements of the plant. But Darwin, like Coué, did not enjoy the benefit of electronic equipment and was unable to carry his investigations to the amazing level and revelations that electrographs now supply.

Times have changed and now the great electronic amplifiers of organic sensitivity in living structures are lifting the curtain to Primary Perception in the vegetable kingdom which is much like saying ESP in plants. It is possible this line of research will eventually lead to classify all material manifestations on earth as living structures.

The machine that measures emotional response in human beings is called the Polygraph and is generally used in lie detection, for it registers with fine perception emotional stress in the human body. Who would have thought of trying to measure emotional response in plants with this

equipment? Leave it to human prying. Cleve Backster for one, did, and found startling results. In 1966, Backster, with a 25-year background as a government expert on polygraphs (U.S. Counter-intelligence Corps and C.I.A.), came upon sensational observation. His polygraph recording of the incident has become a classic. While making several mild tests on a plant wired to a polygraph – the standard method is to sandwich a leaf between two electrodes – he conceived the idea of burning the tip of the leaf with a flame. As he decided to search for a match, the polygraph went into a tizzy marking a great upward sweep of its graph strokes, apparently telling that the plant had been thrown into a panic at the image of fire in Backster's mind. Since the researcher had not moved or touched the plant, this was a surprisingly clear indication that purely mental communication from Backster's mind to the cell life of the plant had taken place.

Backster's work has covered considerable ground since then. It has been reviewed in publications of high reputation. The Wall Street Journal (1972), Harper's Bazaar Magazine (Nov. 1972), Psychic (Nov./Dec. 1972), Reader's Digest (Feb. 1973) and many others. More than twenty universities and research organizations are trying to follow along his line of investigation seeking corroboration, for his observations not only have shown plant reaction at the threat of their well-being, but apparently show response to human thought in many other ways. Love, interest in their welfare, loyal rapport with their caretakers, long distance perception – instantaneous, it seems – and many other hitherto unsuspected connections to man's subjective world, have come to be recognized in the vegetable realm.

There are reports of spectacular demonstrations such as the one accomplished by Paul Sauvin, an electronics technician, who built a sophisticated hook-up whereby at a distance of two and a half miles he mentally caused an emotional disturbance to a plant in his laboratory. When the plant (a philodendron) received the telepathic message it triggered a radio signal that turned on the ignition of an automobile in

the parking lot of the laboratory and started the motor.

Although Backster and his fellow researchers do not claim to know what kind of energy wave may carry man's thoughts and emotions to cause reaction on the plants, the fact remains that the vibrations produced in the mental field of humans do reach and produce effects upon the cells of plants without any material contact. This goes one step further than Rev. Loehr's work demonstrating the power of prayers on plant seeds, for the polygraph can show instantaneous response and reveal at once when the thought stimulus is turned on and off by the operator. For instance, on a 3,000 mile trip across the country, a friend of Backster who had taken care of a plant thereby establishing a strong rapport with it, produced unexpected responses. Every time the plane took off or landed, her emotional stress caused evident reactions on the plant wired to a polygraph back in the laboratory in New York.

Whatever vibrations are produced by emotions, in attitudes of love, faith, tenderness, and on a negative scale, dislike or threats are demonstrably picked up by the plants. Backster and many others interested in this work such as Sir Jagadis Chandra Bose and notably Luther Burbank, all agreed that plants could be made beautiful and healthy by projecting to them favorable emotions. In Santa Rosa, California, Burbank said. "The secret of improved plant breeding, apart from scientific knowledge, is love." Marcel Vogel, an IBM research chemist started as a confirmed skeptic and has become deeply involved in confirming Backster's experiments. After performing a numerous tests, his comments agree with this observation: "Love," said Vogel, "is expressed to a plant as a wish for it to be happy and grow. It is like feeding it energy in the form of psychic food."

The logical and inescapable conclusion to this fascinating subject of plants can be stated in a nutshell: If mental energy can affect plant cells, mental energy can affect human cells.

Somewhere along the mysterious trails of intuition, Jose Silva must have locked on to this wisdom. It is a "must" in his methodology for solving human problems that the picture of a solution be bolstered by a strong emotional element: a burning desire, expectancy, or love. Just what plants show with such clear response on the polygraph readings.

Elsewhere in this work appears a fuller explanation analyzing the self-evident fact that since everything around us is plastic substance shaped either by Higher Intelligence or by human intelligence, it is then perfectly natural to see that mind is the lever that moves and shapes matter. This basic law was not discovered by the Mind Control scientists. It has long been recognized throughout the history of mankind. The undeniable merit in the work of these pioneers is to have found a system whereby human thought, governed under its own volition, can be placed within the energetic levels of the Alpha frequency and projected from there to seek situations where problems exist and to alter them.

Other phenomena covered by parapsychology such as telepathy, precognition, and retrocognition, are not presently primary objectives in a Mind Control course. Work is carried on along these lines with earnest interest, and in the near future, when Jose Silva realizes his dream of building large laboratories for exhaustive testing and growth in techniques of Mind Control, new formulas will be perfected and new ground will be conquered with dependable expansions. At this stage the concepts of Mind Control reflecting accurately the intent of its creators address themselves to two basic points in human preoccupation; knowledge of the problem and practical solutions.

4

THE SUPERNATURAL, PARAPSYCHOLOGY, AND MIND CONTROL

In the multiple facets that surface in the behavior of an individual during the course of a single day there is much that is not comprehensible. Although psychology, using impressive language, speaks to us about fixations, traumas, repressions, and Freudian interpretations, it is clear that behind all this terminology there is only a nebulous understanding of human psychology. We are forced to admit that among all the mysteries with which nature has surrounded us some of the darkest ones are hidden in the human personality.

Man takes great pride in having reached great summits in his knowledge of Physics, Chemistry, Biology, and generally in all the classic sciences, but it remains as a disparity that, having dedicated so much time and effort peering at the physical world that surrounds him, he has neglected a greater investigation of the mysteries locked within his mind. However, viewing more closely this apparent neglect, it may be understandable. In the observation of the universe around him, man has had for a long time the tools with which he was

so generously endowed by nature. These are the five senses that we have sharpened, even beyond their natural limits, in our effort towards scrutinizing the physical kingdoms that surround us. On the other hand, for the observation, analysis and measurement of the MIND, we have only one instrument which is MIND itself.

Speaking once more of terminology, let us say in fairness to the psychology brotherhood that when we enter the domain of this cosmic force we know as the MIND, we are entering planes where words – being tools of a physical world – show a pitiful impotence in trying to handle the abstract concepts that concern the subjective levels. While facing these shortcomings, we should admit that were we pressed for a definition of the term which will appear so often in this work, (that is, if we were compelled to pinpoint exactly what is MIND) we would be driven to the humble confession that we do not know.

The more we search among learned treatises that attempt to capture this definition, the more we realize that all the literature devoted to explanation of this important force misses the point. At the end they only seem to have classified with admirable detail and exhaustive descriptions the faculties and functions of the mind but fail to define its essential nature.

This, however, is not a pedagogical stumbling block, nor has it obstructed important discoveries in the methods that seek development and control of the powers that have had undeniable presence in human affairs from the beginning of conscious existence.

Electricity, another great cosmic force, provides a similar situation. Although Edison, Steinmetz, or the geniuses of modern electronics have been unable to give a specific definition of its fundamental nature, this has not kept them from unveiling greater use and applications in our modern civilization. Consider then, that though the names we give to the great energies of the universe may defy definition in the

poverty of languages, and though we may be unable to capture their cosmic essence in words, we may still avail ourselves of them and unfold ways and means for deriving beneficial utilization of these powers.

Not wishing to obscure our theme with ambiguous terms, let us establish here a convention that will help the communication which is after all the purpose of any book. MIND in these pages will be intended as the world of thought and emotion, and in reference to it let us make two general classifications: Subjective World, the world of internal perceptions; Objective World, the physical world around us as transmitted by the senses. We are well aware that if anyone should want to complicate matters he could well say that the physical world is merely a subjective interpretation of our environment, but let us be constructive or at least indulgent with the limitations of speech.

When speaking here of the MIND and its subjective world, fully conscious of the fact that this notion covers many lands with hazy frontiers, we shall take this word with its elusive definition as encompassing consciousness, reason, imagination, sentiments, aspirations, hope, soul, spirit, and in short all that forms man's inner world.

In the preference given to the investigation of the physical universe, it appears as though science has sidestepped official investigation of psychic occurrences. It might well be assumed that if we have avoided facing squarely this subject it is because here we are met with conflict and severe relocation of the fundamentals that have been laid with such painstaking work. To the scientific mentality of past generations, psychic events have been not only inexplicable but definitely impossible by the light of knowledge contained in our textbooks and the prevailing doctrines of positive materialism. In spite of this, so-called "supernatural" events have persistently appeared in spontaneous manifestations from prehistoric times. Contradictions on this point kept on buzzing around the halls of science for the school of

thought in our western culture held only two drastic classifications for all that happens around us. According to academic doctrines only two alternatives were possible. The causes of everything were either natural or supernatural. But this attitude was becoming increasingly untenable and in disagreement with reality, for such ideas as are associated with the term "supernatural" were altogether absurd before the light of incisive observation.

Ever since the last century, research of psychic phenomena has unfolded with growing scientific acceptance, and this investigation found support in the birth of other allied developments which like psychology and later psychiatry had gradually earned standing in the academic family. These new fields had something in common with the psychic investigation that was becoming imperative to undertake officially. For all these studies had in common their concern with the psyche, the human element that transcends the physical and belongs to the subjective planes.

One of the first undertakings in order to start out on a solid road was the assembling of thousands of cases that throughout time have called for scientific investigation. Upon examining this accumulated evidence, comprising numerous incidents with overwhelming details of testimonials and verification, again we found ourselves before a sharp alternative. Either all these cases were lies, or we were making a serious mistake in the prevailing scientific philosophy, for according to it none of this had the possibility of having ever occurred.

During the first decades of this century this situation became ripe for action and it was then that a handful of investigators, unwilling to maintain this absurd discrepancy, took the initial steps for the creation of a program scientifically structured and which came to be known as Investigation in Parapsychology. Upon the birth of its first laboratories, parapsychology undertook the project for classi-

fying all the reports of events that were then available and still keep on arriving from all parts of the world. The experiences reported seemed to manifest telepathy, clairvoyance, premonition, etc., and these collections now include many thousands of cases covering an infinite variety of incidents that have aroused the attention of the participant when faced with developments that were not normal. The scientists involved in this work could no longer call them "supernatural" for their work was aimed at discovering which were the laws of nature, not as yet fully identified, operating in these events.

All these occurrences which seem to depart from the natural laws are fascinating topics of conversation and they stir the imagination because they arouse questions which are intriguing to the human mind. It is true that these enigmas need not be solved in daily life and may be left out of the world of business, of politics, or even science, but still we feel that they lie there quivering with the secret of an unknown factor which some day we must try to solve. For how could man indefinitely leave aside or keep from broaching the investigation of unknown forces which have always shown such persistent and mysterious clues? On the other hand, no one could deny that in any human activity it would be wonderful to count with the elements of intuition which after all are none other than those of ESP. Besides how could we keep the door forever locked to research that may throw light on the great pools of darkness which remain in the midst of our highly-prized scientific achievements? For, if we are to be honest, all sciences when questioned on their basic knowledge must confess that they stand before walls which they have been unable to pierce and beyond which they know nothing. Let us ask biology "What is life?" What is precisely the difference between a living cell and a dead cell? Just where is the potential in a seed so that one may hold the elements of a rose bush, while another contains the makings of an oak? How can a man preserve his same physical identity when all the cells of his body have been replaced within a few years?"

Technological breakthroughs and discoveries pour out of the industrial laboratories under our very eyes in a constant flow. Every day man claims achievements in mechanics, in chemistry, in electronics, surging so fast that the world can hardly keep abreast of its own advancement. Modern aircraft are being designed at such a pace of improvement in the art of dynamics and propulsion that new models become outmoded and obsolete even as they reach the production lines. Our victories over time and space become antiquated from one day to the next and we marvel to find ourselves entering an era when one may have breakfast in London and a short time later be taking a second breakfast in New York, still under the very same sunrise that lit our steps as we boarded the plane. But even before this dream becomes a full reality, there are already men in space whirling around in orbit at such speed that they may well smile down upon our astounded traveller and his double breakfast for they have seen the sun rise and set SIXTEEN TIMES while the world below has lived through a single twenty-four hour day. These spacemen have compressed sixteen solar days into one.

All these are flashing victories cascading into our hands like a stream of jewels, coming so fast that we barely have time to appraise their value. There are, however, other battles of man which are being cautiously won, becoming consolidated step by step and gradually obtaining scientific recognition. Among these are the laboratory tests which have caught the psychic glimpses of humanity and placed them under the scrutiny of the exact sciences. These are the pages of patient effort that have linked and brought about the improbable alliance of Mathematics and the Psyche, forming a strange partnership that fuses the study of the subjective faculties in man's intangible mind to the cold facts of statistical charts.

In its more simple definition parapsychology is "the branch of psychology that studies psychic phenomena". It is also worthwhile to take into account another definition that appears in one of the modern dictionaries: "Para-

psychology is the study of phenomena such as telepathy, clairvoyance, psychokinesis, which are not explicable under known natural laws".

Ever since the dawn of time mankind has felt the restless concern that has finally driven it to create this new study endowing it with laboratories, institutes, and continuous research. All this has sprung from the need we all feel to lift the veil of this mysterious psyche whose phenomena have recurred since time immemorial. These strange happenings whose presence has been noted in the annals of humanity date back from the most ancient legends and hieroglyphics on to present-day newspapers reaching our hands with the evening editions still warm and damp from the printer's ink.

The standard-bearers of psychic investigation were at first timid researchers and since the new science fighting for its own recognition is basically devoted to the study of the mind and its manifestations, this was a tenuous and difficult trail that offered easy pickings to the frauds and masqueraders that soon invaded it seeking to gain notoriety or profit. More than once this has brought disrepute and ridicule to such valuable research and scarred it so deeply that to this day some people claiming allegiance to superior intellectual levels discard it airily as folklore or tales for ignorant minds. Parapsychology also had to fight against the intolerant climate prevailing during the last century and early part of the present one. Science advocated strict adherence to materialistic beliefs and since this was a road on which it had achieved undeniable successes it was fashionable to adopt attitudes of sufficiency tending to deny and ridicule anything that was not exclusively within reach of the senses. This stand soon received a hard blow when, amongst stormy sessions and heated debate, it became established that such "charlatans" as Louis Pasteur and Robert Koch had made important discoveries in the world of the invisible and the intangible. Medicine which for so many centuries had been witnessing the effects of the living but invisible organisms we now call microbes, would not accept the fact that these

beings could freely exist forming that enormous but intangible universe which even to this day the latest microscopes have not finished exploring and classifying.

One is tempted to speculate. What would have been the outcome if Pasteur and Koch had not found the means to render visible the realm of these beings so closely intertwined with man's physical world – these micro-organisms that live outside and inside of the human body causing infections and epidemics, these living entities which are equally instruments of life and death to humanity? Surely modern science by inference and observation would have come to recognize and accept the existence of this important world within our world and man inevitably would now be dealing with it. Science then would have found itself upon the grounds of extrasensory perception, which is exactly the main faculty that is being investigated in the laboratories of parapsychology and which is also the basic ability that Mind Control places within our reach in practical applications. Parapsychology at college laboratories in various parts of the world has devoted itself mainly to creating experimental systems that would rest on other pillars of recognized knowledge, and to that end what better ally than mathematics and the laws of probability? This would be the safe-conduct with which to meet the first encounters of distrust from skeptical colleagues. In this manner they have obtained demonstrations that parapsychological phenomena are a fact which (according to them) appears in certain exceptional individuals. But this is precisely the important victory that a scientist like Jose Silva has attained in going much beyond that point and demonstrating that these capacities are not only exceptional gifts conferred as a privilege upon certain individuals of the human race, but are latent faculties in all men. And what is more important; that these abilities can be developed through the techniques of a Mind Control course and can lead every student to a final test of remarkable impact.

In any case parapsychology, either as a statistical demon-

stration showing through quantitive techniques the existence of the phenomenon, or in practical application as devised by the creators of Mind Control, and still in another tack such as in the utilizations that are sought behind the Iron Curtain, is a fact that nobody seriously doubts any more. Even the church itself, that has always taken a most curious attitude before parapsychological events appearing spontaneously throughout the times, has had to reconsider its attitude which in the past has been singularly inconsistent. For when psychic incidents appeared within its jurisdiction it all depended on the circumstances governing each case. In certain situations these were "things of the Devil" and the party involved might be sent summarily to the stake, while in other situations "this was through the will of God" and in this case the individual frequently found himself canonized. But in recent years the church, not being able to ignore the scientific demonstrations obtained in universities, has had to recognize their existence, has taken in these investigations as part of its curriculum and has permitted its representatives to go out in the world and give lectures and demonstrations on this new science, with the evident objective of showing that in parapsychological phenomena natural forces appear and that this in no manner discredits the dogmas that traditionally have been upheld in these temples of theology which are now faced with the inflexible law of nature: "Evolve or disappear".

But the important observation that concerns us is that the Mind Control Method unfolds practical applications for the channeling of these same forces. Therefore the Courses give more emphasis to certain capacities that contain elements that may be projected in helping to solve human problems. While the entire project in official parapsychology investigates separately telepathy, clairvoyance, precognition, retrocognition, and psychokinesis, the system created by Jose Silva gathers all this in a pragmatic form, though basically in full agreement with the scientific thesis. The Silva methods direct their attention mainly to the development of two capacities on which results have been thoroughly established:

1. That the five physical senses of man have their counterpart with greater scope in the subjective senses with which every human being can perceive information beyond the limitations of physical perception (ESP).
2. That the mind, from its subjective plane can exert influence over matter, whether directed toward the self or toward others at any distance at which the latter might be located (PK).

In consequence the development of these capacities constitutes true subjective communication, and concerning the term ESP with which parapsychology abbreviates "extra-sensory perception", Mind Control preserving the same initial letters gives them a more ample interpretation identifying ESP as "effective sensory projection".

In order to delineate clearly this important subject we will present in the ensuing pages authenticated cases and a full explanation of the methods which parapsychologists have followed in their laboratory work while studying the various faculties that surface in these phenomena.

5

PARAPSYCHOLOGY - SPONTANEOUS PHENOMENA - LABORATORY DEMONSTRATIONS

TELEPATHY AND CLAIRVOYANCE. – The experiences we are about to examine are related to these two faculties. Although these capacities technically differ from each other, still we cannot ignore that they are closely related and sometimes confused. In order to illustrate this point let us report here an incident in the life of the author. It took place during November 1928.

- A young couple who lived in New York City found themselves unhappily separated by thousands of miles. The husband had gone to the distant West Coast to seek a future, with the intention of having his wife join him as soon as he had gained a foothold. Meanwhile the wife had remained with her parents in New York. They exchanged frequent letters and he kept her informed of his efforts to get a start in California – which, incidentally, were not meeting with success. The husband noticed that in her letters the young wife more than once had seemed to guess his thoughts and inasmuch as she had

at other times shown certain direct mental perceptions, they agreed to try an experiment in telepathy. This would be interesting considering the great distance that separated them.

A date was chosen and an hour was set with due allowance for time difference from coast to coast. When the moment arrived, the husband tried to send her a worded message by means of a telepathic effort. The words that he tried to convey were: "I cannot find work. Next month I will come home to you." In order to concentrate on his mental broadcast he had isolated himself in a room where leaning his elbows upon a mantelpiece he held a small photograph of the wife before him. The message was repeated over and over again while looking intently at the picture. Back in New York she had also withdrawn to her room in an attempt to perceive whatever message would come to her. A few days later the husband received a letter from his wife giving her account of the experiment. This is what she wrote: "At the appointed hour I was alone trying to keep my mind blank waiting for your words, but no message came. Instead I had a vision of you leaning on a shelf and looking closely at something you held between your hands." •

Was this telepathy? In telepathy, the transmission of thought from mind to mind without means of the physical senses, the occurrences are so commonplace that in many lands they are not considered remarkable. But this particular incident, strictly factual, contains some unusual features. First we have the surprise ending – a most interesting aspect – for while these young people were trying to convey a worded message (telepathy) what was actually transmitted turned out to be an image (clairvoyance). This rules out the remote chance of explaining it away as mere coincidence for nothing was farther removed from their minds than such a strange outcome in their experiment. On the other hand, the distance of some 3,000 miles that separated them is impressive, although as we shall see later, distance is not an important

factor in these experiences. Yet it staggers the imagination to consider that if a worded message had been received, probably this would have been flashed instantaneously; that is, with the speed of thought which is believed to be even greater than that of light. Mind Reading, Thought Transference and Telepathy obey basically the same principle. The first two may occur without the deliberate cooperation or awareness of the party originating the trend of thought. This is something that may be witnessed in daily life and often takes place among people who share life intimately such as husband and wife, and even sometimes between man and his pet animals. Telepathy is considered more as a conscious effort with a sender and a receiver attempting deliberate communication. Demonstrations of this type have been plentiful but Parapsychology placed it on the basis of systematic research that could pinpoint and measure its manifestations. It was not too difficult to create a method of testing which is quite simple and may be attempted by anyone who cares to make similar trials.

Under the sponsorship and guidance of Professor William McDougall, research in Extrasensory Perception (ESP) was begun at Duke University in 1930. Most prominent in his enthusiasm and persistence throughout all those years was Dr. J.B. Rhine who faced resolutely the unbending skepticism toward extrasensory perception using methods which would parallel the laboratory techniques of other scientific research. He knew that in order to rule out the argument that ESP was nothing but pure chance or coincidence, he would have to repeat his experiments in great numbers and would have to perform tests under such rigid control that there could be no question of sensory cues. With the assistance of advances in the science of statistics, the laboratory at Duke University was able to devise techniques which made a very large number of experiments possible.

Tests on telepathy, clairvoyance, and precognition were made with the now well-known ESP cards. In a pack of twenty-five cards of playing size, there are five each, of five

different symbols: Circle, Square, Cross, Star, and Wave. When the cards are run face down, the mathematics of probability will give a subject an expectancy to guess correctly one symbol out of five cards. Running the entire twenty-five cards, the subject may be expected to average five chance hits. Best results are obtained by mixing together four packs, thus making a total of one hundred cards. For a telepathy test a sender and a percipient are chosen. They may sit face to face across a table separated by a solid screen hiding the pack of cards in the hands of the sender who runs them one by one while trying to send a mental image of each card toward the subject. The percipient writes down his impression, forming a list. Chance hits should not average more than one in five cards, and any figure above this means that some other factor besides chance has entered upon the scene.

The entire system is based on the law of probability which is, incidentally, the same principle that insurance companies all over the world use as the basis for their rates, their policies, and their not trifling profits. When these averages are established over a long series one may rest assured that they are as firm as the Rock of Gibraltar.

These cards which were amply used at the Institute of Parapsychology were far from being a game for parlor entertainment. These new scientists had truly found a method of testing that was simple in essence and yet could serve the purposes that are demanded by scientific thought; that is, a system that could be used under control, trials that could be repeated, and results that could be subjected to analysis and statistics. These cards which were ideal for telepathic experimentation have now been used for many years in these investigations. They have proved to be useful as well for other tests that were equally important to carry out: Clairvoyance and Precognition. The results that were obtained were so revolutionary that soon academic debate was raging about them, much as other discoveries we have mentioned had provoked controversy less than a hundred

years before.

Clairvoyance, in contrast to telepathic phenomena, is not dependent on another mind sending, intentionally or otherwise, an image or a worded message. It is a faculty that permits the percipient to "see" through other than optical means. It is a mysterious gift that permits some people more than others, the possibility of visualizing things that are not within their physical field of vision. These glimpses are independent of distance, and it is moreover distance itself that has made them more worthy of attention. They also show that obstacles do not interfere. There may be a thick wall in the way, a lead plate, glass, or any other material that blocks electricity or magnetism, and still the image goes through unimpeded. Furthermore, mountain ranges or the terrestrial curvature which are obstacles to the waves that travel in a straight line, such as television signals, do not interfere or block in any way this other manifestation of ESP. However, the research teams did not begin with complicated trials; at first they contented themselves with locating an operator and a percipient subject sitting across a table divided by a screen. They were always careful to hide the pack of cards from the eyes of the percipient, for although in this test the cards were face down, it was always possible that the subject might be guided by some undetected markings or irregularities on the back of the cards. In these tests the operator or sender also abstained from looking at the face of the card. He would merely place it face down upon the table and the percipient was requested to "see" it by means of Clairvoyance and write down his list in accordance with the images that he fancied. The sequence in which the cards had been run was carefully preserved and it was later compared with the list written by the subject.

Before giving detailed results on both types of experiments, telepathy and clairvoyance, it is a matter of interest to note that the statistical results in both cases were very similar. Furthermore, the researching scientists had already arrived at the conclusion that it would be difficult to separate one

perception from the other, for when in the telepathy tests the operator looked at the cards and sent the thought images across the table, how could they know if the percipient was receiving a telepathic message or visualizing the image on the card through clairvoyance? This possible confusion was later solved through special methods as it was the very solution of these puzzling problems that parapsychologists intended to find through dedication and patience.

In anticipation of the confrontations that were to be made against the law of probabilities, the men in pursuit of this science were not satisfied with mere theories. They had actually run the cards many thousands of times by hand and through mechanical means, taking careful note of results without the exhertion of any telepathic or clairvoyant testing, simply as a confirmation of the natural averages on chance. These had always run true, upholding the figure of five hits on every twenty-five cards. With this number firmly established in practice as well as theory, it was evident that any results above the average – especially on long runs – would be significant.

Because this research was largely conducted in college laboratories, it was not difficult to recruit volunteers from the student body. These young people were glad to cooperate either through sheer curiosity, as a contribution to research, or because they thought they had detected special aptitudes in themselves. During the first three years at Duke University, trials, on either telepathy or clairvoyance, were held on runs totalling 85,000 cards. Many types of subjects were used and the laboratory made many improvements on its methods. Among other things, the results of the trials were not given to the subjects because of the consideration that such information might bring side effects, since the percipient subjects could well become psychologically influenced by encouragement, dismay, or nervous pressure upon knowing how they were scoring.

There were some incredible feats. A young man guessed

correctly nine cards in a row, and shortly after, on another run, he made fifteen consecutive hits. In accordance with the law of mathematical chance, this could have happened as mere coincidence once in 30,000,000,000. A small negro girl who was promised candy if she scored well, closed her eyes and guessed all twenty five cards without a miss!

But the great significance of these experiments did not rest upon these astounding instances. What really held a very high scientific value as proof was the collective results obtained on the 85,000 cards which had been carefully noted and cross-checked through those initial three years, for in such a long series, any deflection from the average would be considered as something truly meaningful. The results were such that if we were to express this outcome in terms of probability as obtained by chance, it would be most difficult to read the figure for it would be so long that it would not fit across the width of this page.

So much for the first period of research at Duke, but it must be remembered that this has continued without a break during some forty years, not only in that university, but in many other centers throughout the world. Card runs which have been made under various experimental conditions could now be totalled into the hundreds of thousands, and the teams carrying on this work in colleges and laboratories in many places are justified in feeling they have clearly established demonstrations that there are elements in man that operate independent of sensory channels.

One of the peculiarities that had been observed is that distance does not alter the scoring of the subjects. Results were much the same whether the operators sat face to face across the screen, or when the percipient was enclosed in another building hundreds of yards away, or even at a distance of many miles. So that whatever might be the name of this unknown element for direct knowledge that is latent in man, there were strong indications that it was not restrained by the physical laws of space or the limitations of time, as we shall

see in following chapters.

In order to evaluate the results of telepathy testing without confusing them with those of clairvoyance, laboratory teams devised a certain type of research known as "pure" telepathy in which no package of cards was materially used, but a series of imaginary cards were run only in mental form. That is, the sending operator would think of a card and would communicate it to another operator by his side acting as a witness. The recipient, in another building about a hundred yards away, had previously synchronized his watch with the sending team and he would try to receive in his mind the telepathic information that was only in the imagination of the operator, but not physically as visible cards anywhere. In this way the percipient would write down one card every minute during twenty five minutes. These trials on pure telepathy and other similar tests have been made many times with positive results, but their averages do not differ greatly from those obtained through clairvoyance so that there is a strong assumption that both are manifestations of the same unknown activity that operates outside of the senses.

PRECOGNITION – KNOWLEDGE OF THE FUTURE. RETROCOGNITION – KNOWLEDGE OF THE PAST.

Looking back on their work, parapsychologists felt that telepathy and clairvoyance were simple compared to the kind of work that now awaited them. The activity that was about to be tested as a next step in their program resembled clairvoyance but differed from it in one essential aspect, for it now involved a most bewildering feature: time, the future. The spontaneous cases that had led them to undertake this new work presented an overwhelming number of events in which the subject had perceived situations that had not yet taken place. In other words, this was the faculty of Prophecy.

This effect had even appeared unexpectedly when the researchers were conducting other types of testing. Such was

the case when Professor Whately Carington of Cambridge University devised an experiment on clairvoyance which surprisingly led into this other important area. Using his contact with correspondents located in various places throughout England, Holland and the United States, the professor established a program in which during ten successive evenings he would choose an object at random and, making a simple drawing of it, pin the sketch on a curtain in his study and leave it there overnight, locking and sealing the door of the room. The correspondents from their distant locations would try to perceive the drawing by clairvoyance and draw a picture as they saw it with the mind's eye. Ten evenings in a row made up a series, and several series were run. Every morning Carington's friends mailed their drawings to him at Cambridge. The professor then had them judged by an authority who was kept in ignorance as to the exact nature of the experiment. He simply scored "one" for a good likeness, "one half" for a fair likeness and "zero" for a drawing that bore no resemblance to the target.

The results were inconclusive as far as clairvoyance was concerned, but the professor and his aides noted an odd phenomenon, which was the fact that several times some of his subjects had perceived the images ahead of time. This seemed to indicate that the correspondents on any given evening were sometimes getting the mind-picture of targets that were going to be pinned up one or two evenings later. This was particularly puzzling for not even the professor knew ahead of time which objects he would select.

This effect is known now as "Displacement in Time" and has been observed in other experiments such as the running of ESP cards where some subjects had shown indications of displaced clairvoyance, guessing not the card that was placed face down upon the table, but the one that was coming next. Thus in Prof. Carington's tests as well as in other research attempted elsewhere, precognition had shown its face without being sought.

Once it was clear that the hypothesis of precognition was strongly apparent, it was evident that it should be closely tested. Nothing in fact seemed as urgent and important as bringing the question of prophecy down to controlled experimentation. Indeed, one wonders why, considering all the many practices and stories claiming to involve prophecy in many lands throughout history, that no one before ever took the trouble to bring the matter to a systematic investigation.

We have described events that appeared unexpectedly in connection with research, but it is equally worthwhile to focus attention on the spontaneous experiences of this sort that take place in daily life. Let us look at a case that points to this precognitive faculty which Parapsychology recognized as the next step in its work after having left telepathy and clairvoyance well supported by statistics.

- A young woman who attended one of the outstanding colleges in England, upon joining her classmates for their midmorning snack, told them how grieved she was at having seen on the morning paper the news that one of their old teachers had died from a heart attack on the previous day. Her classmates were all painfully shocked, but since there was only one daily newspaper in the small college town, they were soon commenting how strange it was that none of them had seen such information. They looked for an issue of the local daily sheet and the news item was nowhere to be found. Soon they broke up and went on to their classes while the girl who had brought the news remained sitting there thoughtfully trying to fathom if she had not dreamed the whole thing. It happened that the teacher was alive and well, but three days later she did suffer a heart attack and died, whereupon the town's newspaper published the news and announced the services just as the girl had "seen" it. •

This anecdote is typical of spontaneous precognition. The

subject "sees" or knows of an event before it happens and the knowledge may reach him as an internal vision or perhaps as a dream. This was a type of phenomenon that perforce needed careful consideration for the scientists knew that they stood before a question that had never been seriously tested and perhaps nothing in history could have been more revolutionary or more radically opposed to the beliefs of contemporary science. Possibly not even Heliocentrism, Evolution, or Relativity had been fields of such raging controversy as this might arouse.

History and everyday life are full of incidents where, in a dream or through vague premonitions, the future has shown its hand. One could well argue that when nothing comes of it, the worthless premonition is soon forgotten and that it only becomes remarkable when it turns out to be accurate, but this does not quite explain the accumulated evidence that has gathered and that inevitably was to lead Parapsychology into research and testing of such an often-repeated event. The Society for Psychical Research of London keeps extensive records comprising a large collection of verified cases of this type. These have been carefully screened in order to eliminate anything that might have been conveyed under a sensorial explanation though it could have been unconsciously perceived.

Whether it is called precognition, premonition, or prophecy, any attempt to verify such an occurrence is a complex and most serious matter, but the investigations that were made by this Society in London were carried on by people of high scientific integrity and their findings indicate a strong case for the existence of a mental power that is not anchored to the normal limitations of time. Abundant and fascinating anecdotal material could be cited, but in fact few people have not come in direct or incidental contact with similar events in which glimpses of the future have been caught in one way or another. It will be more instructive to see how our friends, the patient researchers in this new science, managed to devise skillful methods by which these phenomena

could be – we might say – "grasped by their pincers and placed under the slide of observation." Fortunately this other faculty, in spite of being of much greater importance, lent itself perfectly to the simple tools that parapsychologists had already evolved. The ESP cards which had, and are still serving so well for testing telepathy and clairvoyance, were also appropriate for examining this other gift which some people seem to have for revelation of the future.

In order to examine this faculty under its proven methods, Parapsychology would now ask the subjects to foretell the card that was about to appear. The basic conditions were, of course, that no one would previously know the order of the pack, and that the cards were thoroughly shuffled. Two independent lists were made, the subject would write down his prediction and the operator would then run the cards and make a list of the order in which they had appeared. However it was soon evident that such a test might be at fault, for if the pack was already there upon the table, the subject might simply "be seeing" the cards through direct clairvoyance. It was necessary to find another way. The subject would now be requested to make up a list of his guesses with ample time in anticipation of the event. In order to make it a true case of prophecy the subject was asked to formulate his list one month ahead of the actual running of the pack long before the cards were prepared for the showing. This predicted list was now signed and sealed in an envelope, all duly witnessed, and when the time came for running the pack, the cards were mechanically shuffled and then cut in accordance with the median temperature that had been registered in the weather bureau for the previous day. It was only then that the envelope was opened and both lists were matched. Such foolproof methods may seem excessive, but let us remember that the scientific stakes were high, for if men have some hidden ability for knowing the future as well as the past (retrocognition) it all begins to point toward the possible hypothesis that *time* may well be a constant and static present. We then stand on the brink of a disconcerting vortex in which the basic principles of time and

space disappear carrying away the terra firma on which humanity has been standing.

The mathematical results on this work were comparable to the previous findings obtained on ESP research and there is absolutely no existing theory in physics to account for such results. Their very occurrence is a hard and irreducible fact that defies every reliable concept of physical causation that man has ever had. There cannot be any doubt that what has been uncovered in these experiments, when fully accepted, will bring about fundamental revisions in the world of science.

It is difficult to conceive a notion that will hold all three phases under a single abstract concept: yesterday-today-tomorrow. In order to grasp the possibility of such a theory, let us imagine a traveler who walks along a dusty road winding through the countryside. He walks through towns, woods and meadows, but he cannot know what lies ahead because the landscape is hilly and his vision therefore limited. By and by he comes to the high crest of a hill and from there he can see not only the landscape that he has left behind, but also that which extends ahead: the future of his trip. He will then know what awaits him, the groves, the rivers, the plains, that he will cross. We have thus a simple way of conceiving how the crest of that high hill may represent for the traveler a present condition from which he will be permitted to see the past and the future of his voyage, in other words: retrocognition and precognition of the road.

Besides the many recorded cases that the Society for Psychical Research both in London and in New York keep in their files, it may also be mentioned that the Institute of Parapsychology in Durham, N.C. keeps a file of more than 10,000 cases which are patiently classified. A large percentage of these deal with incidents concerning precognition. This is a gift as old as humanity and prophets who were simply men endowed with precognitive ability were prominent citizens in all lands and civilizations, whether they

were genuinely gifted or clever simulators. Therefore we are not lacking in plentiful evidence that this phenomenon is well documented in the past as well as in the present, but a realistic view of the subject should take on greater weight from the findings of Parapsychology with its scrupulous and systematic tests always based on rigid statistical analysis.

At the request of the scientists devoted to Parapsychology and particularly the group which had worked at Duke University, their methods were investigated by a specialized body of high reputation – The American Institute of Mathematical Statistics. Their published report clearly stated that their investigation had established the fact that, assuming that the experiments had been properly formed, the statistical analysis was essentially valid, and furthermore; that if these investigations were to be fairly attacked it would have to be on other than mathematical grounds.

We then find that precognitive testing as well as the previous work had been clearly endorsed by mathematicians and carefully conducted by observers following coldly cerebral methods surrounded by all the precautions that have been described and many more that would be tiresome to enumerate. It may be stated then, that at this point the investigators had thus established these three extrasensory abilities beyond reasonable doubt: Telepathy, Clairvoyance, Precognition.

Following along this chain in logical sequence, it was now evident that researchers would conclude that if the mind could at times command the projection with which to reach forward in time, it might also be able to reach back toward the past, which would then be: Retrocognition.

The bulging files in all these centers of psychic interest also contain numerous cases where among variable circumstances, the experience known as retrocognition was also apparent. There seemed to be two types of outcropping in these events. The first group showed repeatedly that well-

known feeling of "having been there before" while visiting a place or an old edifice which the subject could not possibly have entered before. This impression is sometimes so poignant that one can tell without hesitation what is to be found beyond the next door or before crossing into another quarter of the place.

It is difficult to find a normal explanation to these cases, for if it were simply a matter of clairvoyant knowledge of the place previous to the visit, or a case of having seen it in unremembered dreams, this would then be a common occurrence and should happen equally in new houses as in old buildings, but these impressions usually take place in ancient buildings which the subject had never known, and often in private properties, photographs of which are not easily available. Furthermore, it frequently takes place on voyages while visiting parts of the world where one has never been. This experience is always curious and most disquieting for when it happens in places dating from centuries back, there is always a marked feeling, though seldom outspoken, of a previous life.

The other form in which retrocognition sometimes appears can best be described through the following narrative:

- "On February 23, 1890 Miss Aimes and I were in the "Cage" (Hungerford Chapel of Salisbury Cathedral) when she told me that during the services she suddenly saw a grand ceremonial taking place. There appeared to be a tall chair which obstructed the view toward the choir, and gradually the place appeared filled with clericals and others dressed in sumptuous attire. Then she saw a tall man, slowly walking up, dressed in red with white lace over it. Something in gold embroidery hung around his neck and down to his feet and on his head a broad sort of headpiece more like a biretta of beautiful embroidery. He was followed by three or four dressed very much like him, richly attired, and many little boys were about in red and white lace

holding candles, books, and so forth. The whole place was very full of people and it was evidently a great occasion. After the central figure had knelt in front of the chair he remained there for some time, facing west, he then stood up and several young men lifted up the chair, carried it higher up and placed it in front of the altar still facing west. Then the principal figure walked up the steps and turned to face east. (The whole of the arrangements of the altar as Miss Aimes saw them were quite different from what they are now, and were later identified by Lord Radnor as being quite correct for their time.) He wore nothing on his head now as he knelt for some time and then the most gorgeously dressed of the other figures placed something like a large mitre on his head and retired while the principal figure walked up to the chair and sat down facing the congregation. Miss Aimes said she saw him later dead in a coffin with the Winchester Cross over his chest. She described him as a tall, big, clean-shaven man with curling hair and very fair skin. Miss Aimes asked in her mind what it was she was "seeing" and the answer came faintly to her: "The induction of Briant Uppa" - then the name came to her again more clearly: Briant Duppa. "On returning home we were talking after tea and I took up Britton's *History of Wilshire* and said to Miss Aimes laughing, 'Now I will look up your bishop'. The pages where the bishops were named were uncut, sides and top. I cut them and to our delight we found on page 1249: Briant Duppa or de Uphaugh, D.D., tutor to Prince Charles. Transferred to the See of Chichester. Bishop, 1647 . . . deposed soon after by Parliament. Appointed after the Restoration to the See of Winchester." •

This account is fully recorded in F.W.H. Myers' "Human Personality."

Two of the more commonplace forms of retrocognition have been now presented. As far as laboratory demonstra-

tions, this power for knowledge of the past is difficult to test satisfactorily for a very simple reason. Suppose that a series of cards had been run and some time later a subject is requested to "look" into the past and state his retrocognition of the event. How could it be compared with the run that was actually made? It would be necessary that a record sheet had been kept, and if such a notation existed anywhere the subject might be perceiving it through clairvoyance, "seeing" the contents of the list wherever it was kept and not really looking into the past.

Because of this, and until the experimenters were able to devise means of subjecting this faculty to the standards of laboratory techniques, science had to be content for the time being, to prove as far as possible the authenticity of the many spontaneous cases that are kept on record, and to assume that if it is possible for the mind to have visions of the future, it would be even more likely that events in the past might also be perceived.

PSYCHOKINESIS (PK)
EFFECTS OF MIND OVER MATTER.

So far we have followed science into the realm of ESP; that is, subjective mental processes or psychic experiences that brought to the individual knowledge or information sought intentionally or otherwise. But now the next concern of the scientists was fraught with the promise of even more exciting research for they had asked themselves new questions. What about the effect of thoughts on the physical universe? What about the action of mind over matter? It seemed logical to deduce that if in ESP the subject derived something from the object – as in clairvoyance – by simple counteraction the subject might also be able to exert some effect upon the object. Such phenomena if proven would fit quite naturally within the Law of Reaction.

Thus we now come to the experiences of psychokinesis well known in and out of scientific spheres as PK. This undoubtedly belongs also in the area of psychic effects, but unlike ESP it is not direct knowledge taking short-cuts around the senses. If any direct effect appears in this case, it is not as a substitute for the sensory system but rather as action replacing the functions of the motor system. This has to do with matter and motion, and in common with the other psychic phenomena it operates in forms that were not considered "natural" and it was something that science itself was uncertain whether to classify as a psychic or purely mental activity.

Psychokinesis or PK was not a new term and far from a new experience when the investigators in this century resolved to place it within the scope of research. It had been observed through the years that thoughts, the power of the mind, suggestion, could cause effects upon matter. It was well known that the state of mind of a subject could produce physical effects on his own body with or without the cooperation of his will. For instance, history is rich with anecdotes of individuals who under conditions of extreme terror or anxiety acquired grey hair in a short time, perhaps overnight.

During the last two thousand years there have also appeared many instances of the mystical phenomenon called "stigmata" which without having a satisfactory explanation to this day, evidently falls within the psychic as it causes some individuals to bleed every year at Easter time from wounds which appear upon them in identical places as those that were suffered by Christ on Calvary.

Aside from the effects that a subject may induce upon his own body, there is another type of changes that may be brought about upon him through the mental action of another. This refers to hypnosis in which the pulse of a subject may be altered under the will of the operator, or his body made to obey suggestions as is the case when the

person under such a spell is told that blisters will appear in certain places of his body and in great many cases, even with careful control over the conditions of the experiment, it has been reported that the blisters actually appeared. For these results medical science has as yet no explanation, but it is plain that these cases demonstrate the mental power of one man causing physical effects upon the body of another.

One might be inclined to assume that these effects are entirely self-induced at the command of a strong mentality planting a spoken suggestion into a weaker mind. But to "will" certain actions upon another is not necessarily done through a spoken order. The writer recalls a case in point:

- My brother James was a salesman for electrical apparatus to the medical profession. Among his customers there was a doctor who aided his own work with hypnotic practices. One day while my brother was in the doctor's office discussing the sale of a new X-Ray machine, the receptionist announced that a patient, Mr. Sidney Tolland, had arrived and was waiting in the outer office. My brother started to leave and remarked that he understood that the doctor was giving hypnotic treatment to Mr. Tolland and that he would like to witness some time these techniques if possible. The doctor had no objection and in order to give my brother a demonstration asked him to remain since Mr. Tolland was a mutual friend. "This particular patient," said the doctor, "is now very much under my hypnotic control and I can send him into a trance even without looking at him. When he comes in, and while we are chatting, I will offer him a cigarette which I will now faintly mark at the half-way point with the tip of my pen. You will observe that while we are talking, and without my even looking into Mr. Tolland's eyes he will fall asleep when his cigarette burns up to the mark." The patient came in, greetings were exchanged and cigarettes passed around as pre-arranged. While the doctor busied himself with some papers, my brother

kept on stealing side glances at the cigarette on which Mr. Tolland puffed away while they talked. When the cigarette started to burn near the marked spot the patient began to show signs of drowsiness and in a few seconds more he was in complete hypnotic sleep. •

It should not seem too strange when these events take place as a connection between human beings. One must recall that the currents joining people are already widely confirmed through the commonplace events of telepathy and hypnosis, but when we consider the possibility of the mind producing effects upon *inert matter,* this takes us into strange territory. There are stories of men in India who have learned the secrets of mental power to the point where they can shatter a vase under the impact of their will, but these things seem more like legends that come from sacred and mysterious lands where oriental mysticism is mingled with stories of the tricks of itinerant fakirs and they bring to us a nebulous picture far removed from the realities that form our world. However it was not necessary to go that far in order to pick up the thread that would lead toward laboratory testing. We have right here in the U.S.A. our own brand and our own world of itinerant fakirs in Las Vegas, that colorful world of gamblers who keep on trying with the full force of their will and of their lungs calling for the "seven or eleven" that may channel all those silver dollars into their pockets – an enterprise just about impossible in the long run at games where the very owners of "the house" establish the rules of the game.

All these happy citizens, whether prosperous businessmen, inveterate gamblers, or clerks who have gotten away for a week-end spree, have something in common. Ever since they were boys they have felt, perhaps in a city alley, or later upon an army blanket, what it is to hold in their grasp small fragments of matter that upon rolling might obey their will as they commanded, begged, or swore at the little cubes in motion. These might be occasional or habitual gamblers but if one should question them, most of them

would probably admit that they can sometimes feel clearly the power to call the dice, especially when they are in a "hot streak."

Throughout history gamblers have believed that they could at times call a card or the fall of the dice, and have earnestly tried to use the power to "will" the results when it meant a great deal to them. Naturally the opponents at the same time were "willing" the opposite results and both forces tended to neutralize each other. In spite of this, there seemed to be indications that men could perhaps have the power to influence these things and this was enough for the parapsychologists to cast their nets into these dubious waters.

For this research it was soon agreed that ESP cards would not be the proper instrument. The target was to ascertain whether there might be some basis for probing the mind's capacity to influence matter sufficiently to modify its normal behavior, therefore it was decided that dice would be the very thing that might show the possibility of the mind to act when matter could be caught during a favorable moment, that is, during the dynamics of motion. This was known as PK Research and it would require a special technique, but one that would still remain firmly anchored and held by the formidable roots of mathematical statistics.

The first experiments during which the subject tried to "will" the fall of the dice were encouraging for it was soon seen that significant deviations from the normal roll of the dice appeared. The basic principles were simple enough. A dice is a cube with six faces. If properly constructed with all faces of the same size, all angles clean-cut and uniform, and no variations in its weight on any side, then each of these faces will take turns in showing on the top surface with equal frequency in the long run. Of course dice for gambling have these faces numbered from one to six, and again theory as well as practice fully confirmed that each one of these faces will come up once every six rolls, so that after 6,000 throws each number will have appeared very close to 1,000 times.

Any variations from this average amount to decimal points and on long series they become more and more tenuous.

This was so while nobody tried to influence the dice by "willing" or exerting the mind for calling a special result, but when some of the subjects better gifted with PK ability tried hard to make a certain number appear, it was seen that the average of one-in-six – that is, the mathematical probability – suffered significant changes.

These trials turned out to be popular and scientists were not lacking for numerous subjects who volunteered to try their ability at calling the dice. It has been mentioned that many of these centers and laboratories are located in universities where the students are freely invited to lend their assistance as subjects in Parapsychology research, and in this particular type of testing, rolling dice, there were attractive features for the subjects. For one thing, results were immediately visible and it was not like the ESP experiments that required delayed and careful checking of the score sheets before the subject might know his capacity. On the other hand, in this new test, most subjects believed they had the power to influence the fall of the dice over and above the average.

At first the cubes were rolled by hand or with ordinary boxes, but the methods were constantly improved always trying to eliminate any other factors that might confuse the issue. Soon mechanical techniques were perfected and the laboratories had electrically operated boxes that twirled and released the dice rolling them down over bumpy inclines.

One of the more advanced systems was a large plastic cylinder sealed at both ends. It was entirely transparent and moved in irregular twirling by an electric motor. Every time it stopped, the dice inside would at last fall still and a camera would automatically photograph the result of each "roll". This worked continuously while a subject standing by tried intently to "will" a number that had been assigned or

chosen by him in agreement with the experimenters. Later the photographic strips were analyzed and the thousands of faces appearing were carefully noted and entered upon the statistical sheets that would determine whether or not the subject had attained averages above the normal expectancy. This work was done not only with one pair of dice but in groups containing sometimes as many as 96 cubes. It might be tiresome to describe all the combinations and systems that were tried during this research, but let us remember that there were always two basic conditions, first, the dice had to be as nearly perfect as possible and secondly, the records were kept with meticulous care.

These experiments have been going on for more than forty years. They are still being carried on in various laboratories, and although the most popular method has been that of the dice, there have been many interesting series recorded with coins and discs on the basic form known as "heads or tails".

The findings of these investigations have also been analyzed by the cold and unbiased methods of statistical sciences and in the case of PK just as in that of ESP research previously described; unmistakable results have been obtained. In conclusion it may be said that psychokinesis is now perfectly defined as the possibility of a power in man to influence matter without touching it and apparently through no other means than that of will generated in his mind.

All this research we have described is part of the academic angle taken by colleges in the U.S.A. and elsewhere. In painstaking demonstration the scientific effort has been directed toward establishing statistical proof of psychic faculties and this has been a valuable point of departure for other work seeking concrete and practical application of all this to human activities.

Another group of scientists with a more realistic view, guided by the firm objectivity of Jose Silva, soon left behind the field of statistic demonstration. Instead of accumulating

more quantitative proof, they looked upon the scene with an attitude of intelligent pragmatism conducting research aimed at practical utilization. This has been the guiding banner in the Silva movement and therefore its work may well be labeled as development of an Applied Science.

There were others also unwilling to invest precious time in further statistical evidence. These were the Russians.* They were satisfied with the demonstrations; to them this was past history. For many years now they have been busy finding ways and means of putting Parapsychology to the service of their projects, be they political or spatial. Forty years ago K.E. Tsilkowsky, the father of Russian rocketry said: "In the coming age of space travel telepathic faculties will be a special need. This will help in the advancement of humanity. While space rockets will unveil the great secrets of the Universe, the study of psychic phenomena may lead us to uncover the mysteries of the mind. Solving these secrets will open the way to great achievements." Nearly forty years later a Russian publication writes: "Spacemen in orbit seem to communicate telepathically with each other more easily than they do with men on earth. In the space training programs psychic development is included. This is expected to sense and avoid dangers."

It appears that Russian parapsychologists assisting in the space exploration work are convinced that telepathy will be the proper means of communication when the ships make contact with those of other planets in our galaxy. They feel that ESP will make it possible for earthlings to exchange thought with other civilizations in our galaxy. This may also be a means of "talking" to the occupants of UFO's.

The Soviets, however, are practical people and they prefer to turn their attention to more realistic beings. They are more concerned with training subjects in their laboratories so that with these capacities they will become useful for interplanetary work. In the speeds that will have to be reached, they consider that precognition will be the only way of

* "Psychic Discoveries Behind the Iron Curtain" Published by Prentice-Hall, Inc.

anticipating future events which will arrive so swiftly that ordinary perception will be insufficient.

The information we have on the Russian work indicates that instead of adding to the bulging files of statistical demonstration, their telepathy experiments are of a different nature. They have been testing on distance, geological barriers, and thermic effects on this type of transmission. Their subjects have been placed as far apart as Moscow and Siberia where the Soviet Academy of Science has a center. To this laboratory their famous telepathic receiver Karl Nikolaiev was sent while Yuri Kamesky equally gifted, sent messages from Moscow. The results were completely positive and no doubt they have been carried much further. It would be enlightening to know more about this and their space experiments, but of course this is classified information.

What is perhaps of greater value to our interest may be contained in a statement made by the great telepathic receiver Karl Nikolaiev. This veteran psychic once said: "As a boy I never showed any particular talent for psychic perception or whatever my work should be called. I became interested and I trained for it. It seems to me that everyone can send or receive through telepathy, but like any ability one must train to develop it. Some, of course, show more aptitude. I, for instance, require quite a while before I can relax properly, but what I have attained others can do. I believe everybody has possibilities for this psychic thing. To me the scientific tests are important because they prove that I fulfilled my purpose of becoming a psychic."

Some extraordinary subjects have appeared in the work done behind the Iron Curtain. We shall never know the full story of their achievements, however, some of their feats have come to light. For instance, the case of Wolf Grigorevich Messing with his incredible capacities is well known, for this gifted psychic had first gained celebrity as a performer doing sensational mind reading on the stage. Government observers became convinced of his authentic parapsychological faculties

and Stalin himself took an interest in the man when he heard of his powers for producing hallucinations. Among the tests ordered by Stalin for his own satisfaction, one was particularly impressive. Messing was asked to walk into the Moscow Gosbank and hallucinate the bank employees into paying him 100,000 Rubles. Messing went straight to the main cashier, opened his portfolio and produced a blank sheet taken from a school pad. The man looked at the paper and without hesitation proceeded to count the money over the counter and hand it to Messing who placed it in his briefcase, walked away, and turned it over to the bodyguards Stalin had sent along with him. When the money was returned to the cashier and he realized that he had paid such a large sum against a blank sheet of paper, the man fainted.

Still not fully convinced Stalin requested another difficult test asking Messing to hallucinate his way into Stalin's private quarters in the "dacha" he was using as his summer headquarters near Kuntsevo. The place was heavily guarded. Night and day armed bodyguards protected the privacy and the safety of their chief. But a few days later Stalin looked up from the large table at which he was working and there stood before him smiling Wolf Messing. When he had come to the door the men guarding the entrance had stood aside respectfully for him to pass. In explaining how he got past all the doors Messing said that he had simply projected a strong suggestion by repeating to himself: "I am Beria. I am Beria." Lavrenti Beria at that time head of Soviet Secret Service bore no resemblance to Wolf Messing.

There are many stories connected with this remarkable man. In Vienna during 1915 he had occasion to display his psychic talent for two celebrities. Albert Einstein and Sigmund Freud had invited Messing for the purpose of conducting demonstrations. Freud was keenly interested in psychic phenomena although he never had the time to go into it seriously. Freud was testing Messing by giving him telepathic orders while Einstein observed amused, but he also became part of the demonstration for Freud had given Messing a

telepathic command to take a pair of pincers from a shelf and pluck three hairs from Einstein's abundant whiskers. Dutifully Messing took the tweezers and approached the great mathematician shyly informing him of what he was about to do. Einstein smiled and lent himself to it.

The Russians have a glittering star in another field. Nelya Mikhailova is an outstanding case in Psychokinesis (PK). Stories on poltergeist phenomena are plentiful, furniture dragging across the floor and crockery crashing down are frequently reported in all parts of the world. These things happen unexpectedly and no one really knows where the kinetic energy comes from, nor how to produce them at will, but the PK phenomena produced by this woman under laboratory conditions is something else. Walking along the streets of Moscow carrying her shopping bag, Nelya Mikhailova, plump, in her middle forties, looks much the part of an ordinary housewife. But when she takes her place before a laboratory table, surrounded by eminent scientists all eyes are upon her and she becomes a star. Prize winning scientists watch closely, cameras grind away, and Nelya sits before the table where assorted objects are about to be moved by the mysterious energy she projects. The objects exclude magnetic metals – instead, matches, an apple, a ring, a plastic box, a pen top etc., are used. The mental effort shows on her face as she concentrates, and after a while all the objects are moving in a merry parade, dragging across the table.

To the parapsychologists observing this impressive performance, this is a dramatic corroboration of a principle they have already established in their own painstaking way: the power of the mind to project psychic energy upon matter.

To the physicists the whole thing is disrupting. The statement of Dr. V.F. Shvetz may well express their confusion. This young scientist reporting later on the demonstration, held up his pen to his listeners and pointing to it said: "This is the very pen top she moved. As a physicist I know telekinesis is impossible, but as a human being I know I saw it."

6

IMAGINATION - THE SEED OF CREATIVITY

A key situation in the techniques of Mind Control rests in the fact that these methods follow closely the dictum of Doctor Coué when he urged with great conviction his findings that imagination is more powerful than the will. This is clearly seen in many situations in which the will is powerless to achieve results and actually paralyses the mechanism which is striving to obtain them. Such is the case when we try to remember a name that has slipped our memory and the more we try, the more we block the result. Similarly, when a person tries to will himself to sleep he will most likely fail, and it is only when at last he relaxes and stops trying that he finally achieves slumber.

Many of us, who have been ignorant of these secrets of the mind, have behaved in many situations like drowning men, wasting our energy trying to keep afloat through frantic effort devoid of any plan or direction. While if we had known how to manage it, a little relaxed swimming would have brought us to the bank with a few strokes and no effort.

The important lesson here is that if we know how to use our imaginative capacity to visualize and if we believe that things take place, they tend to be transferred to material realization simply following natural laws. This is the case when in psychosomatic illness the belief that a symptom manifests a particular malady, repetition of the image may bring about the material existence of the illness. While affirmation and belief in the laws of natural health will tend to produce wholesome situations.

In order to grasp how the Mind Control methods tend to create desirable circumstances solving problems and removing obstacles to happiness, it is important to understand that everything around us is plastic substance ready to be shaped by the mind. Every unfavorable situation is simply a lack of something that we have the birthright to supply. We produce light and darkness vanishes instantly. Similarly, poverty is a lack of supply for a legitimate need. Illness is also a want we have ample powers to remedy. Therefore, we do not have to win over any particular foe. We merely restore forces to their natural balance and we may obtain through mental power anything we desire. We need only to learn that it is not by effort of the will but with relaxed visualization and the magic of belief that we can govern the world around us. The possibilities of Universal Mind are without limitation. It sees everything, knows everything, can do anything, and we who are spun from its own substance, we who are sparks emanated from this great Intelligence, may share such absolute powers to the degree in which we are conscious of being an inseparable part of this vast force. The only secret is that we do not close our minds to this fact. We must keep the gates open and in this way, for reasons that are as evident as the law in the apple that Newton saw in its fall, and as clear as the attraction of a magnet upon filings with molecular affinity, we will draw in a powerful current from the Universal Mind to aid in fulfilling our needs.

We call this power "Universal" because it operates throughout the cosmos and is equally disposed to flow in the solution

of human problems as in the feeding of an insect or in the management of celestial bodies in the great constellations. All that is necessary is that we mentalize with belief what we want to obtain – making certain, of course, that it is a legitimate need and then going ahead, forming the image and watering the seed by repeating a clear picture of the end results.

Above all, we must be thoroughly conscious that this plastic energy all about us is ever-disposed and waiting to be shaped by thought. One should never forget that everything around us and everything in existence could never have been there if it had not been first formed in the mind. Many years ago Hermes, one of the great teachers and philosophers of all time, condensed the essence of this wisdom in three words "All is Mind."

We must then be aware that under this potential, man makes use of his mind as part of the cosmic law that has established the mind as the great shaping force of matter. This is a potential beyond the ephemeral biochemical processing in the brain and by this power we may project our mind towards any activity, whether it is in the details of daily strife or in higher aspirations, for it is the mind in its double action as a conscious and subconscious energy that is the cradle of all expressions where beauty, truth, justice and love appear in our more uplifting manifestations.

The great principle in our mentalizing faculty is imagination. This is the key of all human achievement and in analyzing its function we can readily see that for every objective we form an image, blueprint, or design, through a consciously directed action. When the motivation is ardent this projects to the subconscious where an impression is made, triggering the creative energy which tends to induce upon matter conformity with the image in or outside of the self. This way there is no legitimate wish that fails to stir the workings of this mechanism built in by Creation and ready to operate when the right push buttons are pressed.

When the exercises in Mind Control call for a repetition of phrases such as "the difference between a genius mentality and an ordinary person's mentality is that the genius uses more of his mind and uses it in a special manner", we are in effect declaring that we are all geniuses at the level of our inner consciousness, and this is strictly true for it is in this plane that we achieve effective communication with the Universal Mind. The subconscious elements know more at birth than all the individual will know consciously at the end of a lifetime. There have been men whose humble beginnings in poverty and ignorance gave no hint of future fame and glory. In the course of their lifetime somehow they managed to form a link with the genius of inner consciousness latent in all of us – they became illumined by it and they left memorable traces of their passage through the world. What was the secret of this awakening? Simply that they harbored great visions, held on to them, and by using their imagination, the vibrations of creativity were made resonant upon their material surroundings and they emerged as extraordinary beings in history. The conclusion is that although traditional education is a great factor for carrying a man to success, education is not the essential force that makes the individual stand out. It is creative imagination, and since all of us are endowed with this, all we need is the resolution to use it and discovering how to do it.

There is naturally a great difference between creative imagination and vague wishful dreaming. The important difference lies in the force of belief. Vague daydreaming is a waste of time if done in a hazy, undisciplined manner, without purposeful hope of realization. This is pointless, wasteful dreaming. But there is another type of vision that is fruitful and creative and this is the dream of positive imagery directed by belief, faith, expectation, burning desire, and the assurance of inevitable realization through relaxed and clear repetition of the image. This sort of mental attitude pushes like an acorn towards powerful sprouting into the world of matter and this is how all the great dreams have come to

pass. When Jesus said, "Ask and thou shalt receive" we may well interpret that "asking" is simply picturing with faith.

As we come to understand that all that is requested in this manner may be had, it becomes an obligation to examine responsibly and determine clearly what we wish to attain in life. Since anything can be had, let us not make the mistake of poor, greedy Midas, who ended by lamenting his mistake for having requested that everything he touched would turn to gold. The truth is that few of us know exactly what we want in life. We become so involved in the battle that we seldom pause to face ourselves and take a sincere appraisal of our objectives. It behooves us then to form a clear picture of our goals and not behave like the drowning man in frantic effort when disciplines, like Mind Control, are ready to teach us relaxed swimming for reaching the shore. It would be well, however, to know what point of the bank we wish to attain.

That the "Kingdom of Heaven is within us" is a beautiful, inspiring concept. This means that happiness is within our reach. The basic ingredients are, after all, simple. Health is naturally foremost, then the love and acceptance of our fellow men and a reasonable abundance placing our lives above the level of monetary worries. If we take this Kingdom of Heaven of which we hear so much as a synonym of happiness, it is as well to attempt a better understanding of some of the biblical injunctions.

They are full of wisdom and no doubt that is why they have survived through the times, but often they have to be penetrated, for their wisdom is not always on the surface. For instance, when we read that "It is easier for a camel to pass through the eye of a needle than for a rich man to enter the Kingdom of Heaven" we need not interpret economic wealth as a great obstacle in itself. The true impediment lies in the burden of arrogance and this is not essentially a question of money. Many are afflicted by the glare of imaginary wealth in another sense. Entrenched in the vanity of possessing already knowledge far superior to any other

wisdom, they are blinded and unable to benefit from the treasures locked in simple doctrines such as those of Mind Control. Such minds thoroughly convinced of the importance of their own little hoard cannot open windows that will let in the light. How can they know that such a light would come to unmask the material vanities of the Beta planes and to show the way to self-realization through simple relaxed attitudes?

This is how intellectual arrogance can raise insurmountable walls keeping us from the fruits that may be gathered through a childlike open mind, ready to learn that in reaching for happiness we are merely claiming the inheritance willed upon us by Higher Intelligence. For how else could it be that this yearning for happiness should nestle in the breast of every man as a legitimate dream?

Aside from this type of intellectual humility it is important to make a distinction between acceptance in the trials of life, such as the loss of a dear person or in the great and small tragedies that beset man, but without mistaking the serene acceptance of adversity for a helpless attitude of defeat.

Taking failure in life as "the will of God" and accepting a limited life without struggle or ambition is not to be justified as saintly resignation. We cannot think that conditions of want and lacking the good things of life are God's will. Let us rather interpret that if tribulation and effort is the lot of human destiny these conditions are placed there in order to give man an opportunity for growth and emergence. This is precisely the point of stress at which the forces of imagination in creativity give every man a chance to reach a priceless victory.

If prosperity is not handed to us on a silver platter, this may be justly planned so that in striving we may exert the most splendid and fertile action of human effort. However, poverty and illness are not natural or insurmountable conditions. These are not stipulations imposed by the Will

of God. Rather let us understand that as darkness only means that something is obstructing the passage of light, likewise the problems facing man are merely hindrances arising from his own mistakes and blocking the currents of health and plenty that nature displays everywhere. That is to say that all that is good and positive are gifts of God ready to surround us if we only know how to remove the obstructions we have created.

Often we hear references to the thorny road of grief and suffering as something that is needed in struggling through life and one might well ask "If God is merciful and good, why is all this sorrow a necessary condition of life?" We have already viewed part of this answer and in order to clarify this paradox more fully it is essential to illumine our mind so that it may grasp that negative forces are what makes it possible for positive forces to exist. This concept may be assimilated if we stop to think that there would be no way of being aware of light if darkness did not exist, no beauty were there no ugliness, no goodness if there was no evil. All the dynamics and concepts of the universe are based on the contrast of opposite poles, positive and negative. If the human soul wrought through the painful effort of a long evolution had not traversed all the bitter darkness of suffering, how could it aspire in a glorious future to recognize the ineffable radiance of light and peace when it is attained? How could it appreciate the ecstasy of the heights if it had not tasted the chilling depths of the abyss? How could it ever satisfy the spiritual yearning for the infinite if it has not known despair? Without these contrasts and negative experiences its condition would be inert and unconscious.

When the plan of creation placed upon this world the seed that would bloom one day as the awareness now contained in human beings, it was intended to go through all this and these conditions calling for the dignity of human effort, far from being a curse or a punishment as some would interpret them, are the very essence of human evolution. The biblical injunction "Thou shalt earn thy bread in the sweat of thy

brow" is merely a symbol. Nature places the seed in a manner that will force man to strive, and the ego to carve out its own self. Effort is part of creation and the pain man suffers in chipping away the pieces of stone to sculpture himself is well rewarded in the victory of the image that emerges.

It is plain that the contentment of well-being is a neutralizing condition when the individual is pampered by the lack of need and this is the germ of decadence. In nature there must be no stagnation, but the man who is born in privileged circumstances and has everything will hardly strive for improvement. He will tend to float through a barren, inactive life, while on the other hand suffering, properly understood, is in reality a benefit. It is the spur that torments but awakens, the thorn that drives us to anxious scrutiny of situations that are painful and makes us search within ourselves for the explanation of our conflicts. In a way grief should be blest for stirring our spirit and prying it away from superficial values, thus making us aware of what is really noble and beautiful around us. In spite of this, pain seen as the spur that would make man find improvement within himself, should not become the morbid masochistic practice still done as monastic penance in some places in the world. This is really a twisted interpretation of the idea that man ascends through suffering. The proper handling of the situation is rather through a quiet acceptance of whatever adversities are met in life. Let us however state that suffering should not be viewed as necessarily the only means of learning, nor is it a perpetual curse on humanity.

It may be seen as a need serving a purpose in the present stage of our evolution, but in some future time when we have attained understanding of the laws and objective in life we will have outgrown the need of suffering and mankind shall stand free of such torment.

Serenity and courage are the parapets we must erect in order not to perish when the torrents of misfortune surround us. But to be ready at all times for these blows with a valor-

ous disposition does not mean, however, that one should become obsessed with the thought that misfortune is just around the corner waiting to strike. Man must live with spirited and optimistic faith for he should wisely establish within his reason that whatever happens in life "is for the better" since he must understand that if the floods of misadventure should invade his life, it will be like the waters of a river overflowing lands that will be left the more fertile for the disaster. Here we can perceive that the pessimist lives in error. His limited understanding can only see the immediate damage to his crops. In adversity he can only see the wrecking of his dreams and he is blinded to the fact that in the negation of the material objectives may lie hidden the flower and the fruit of inner harvest.

So much for a proper understanding of fate when the forces of life strike, but disaster is never a permanent situation and the individual should remember that he has a built-in endowment of volitional strength and understanding with which he can forge ahead and be the captain of his ship so that it can be brought through any storm victorious.

In learning to control the mind one may find surprisingly simple keys with which to obtain everything that is needed in life. The method teaches that you only have to close your eyes and SEE what you want and you are at once on the way to its realization, for you are taking that plastic element that surrounds us, that invisible substance with which everything is shaped and you are creating with it. You only need to maintain the picture, to nourish it with positive affirmation and simply by believing with ardent expectation and desiring deep in your heart, you will have it. Talking to the subconscious, our great ally and genial partner, vocabulary must be watched, so for his benefit do not say, "You will have it", better find yourself saying, "You have it".

All this is just as natural as the growth of a little seed into

a handsome tree. We merely have to use our creative imagination in order to give birth to the seed, irrigate it with the waters of wholehearted belief, and the seed will take care of drawing around itself all the elements needed for becoming a tall tree. When people remark that Mind Control graduates talk as though miracles were expected, one might well ask, "Isn't the transformation of a little seed into a mighty oak also a miracle? It only has to be planted and watered".

Since we have at our disposal all the components for giving shape to what we want, how absurd that we should use these forces in the wrong direction. In health, which is the cornerstone for any notion of happiness, the application is self-evident. We have known for some time that emotional conditions can pave the way to illness and the list of recognized psychosomatic maladies grows from day to day. How obvious, then, to turn all this mechanism in our favour.

If there are states of mind that can cause illness, there must be states of mind that can be propitious to health and to everything that we cherish and consider fortunate.

Good health is a man's birthright and we must recognize it as a normal condition of our body. Our entire physical machine is built and intended for proper functioning. If this fails anywhere along the line it means that something not normal is happening, that is why we call illness an abnormality. The body is designed to accept the constant invasion of microbiological life. Billions of microbes go in and out of our body every day. To avoid infection by isolating ourselves from bacteria is a notion long ago discarded by science as impractical and impossible, but the human machine normally suffers no damage from such invasions. Germs can go in and out of our bodies without harming them. What produces conditions for damage is weakness at any particular point caused by unbalance; fatigue,, overwork, worry, fear and tensions. This is what weakens the gates and allows illness and pain to gain a foothold and makes it possible for a colony of bacteria to proliferate and disrupt the established

order of nature.

Relaxation and suggestion bring immediate relief to states of tension. By giving the subconscious firm reminders that health is the natural state of the body and that it should feel the joy of living free from pain, this affirmation will soon re-establish the normal processes and the colony attempting to gain the beach-head of a focal infection will have been routed.

Once the insurrection has been dominated we have also done away with the subtle effects of indoctrination, for you see, when a focal point of infection is manifesting pain, this relays a strong message to the subconscious which if shadowed by fear may well start an avalanche of apprehension and bring about the destructive suggestion that leads to psychosomatic illness. Let us not forget that "psychosomatic" may mean imaginary in the beginning but that the malady can become quite tangible and real in the end.

Dr. Coue proposed the Law of Reversed Effect and this principle underlies the system for making all of our plans and programming in a way that avoids effort and gives preference at all times to a relaxed approach.

In mentalizing such a statement as "I will be well" the very notion of issuing a command by the power of the will implies the recognition that there are great obstacles to be surmounted. On the other hand the simple statement that suggests an accomplished fact when we say, "Day by day in every way I am better and better" leads by another path that produces more effective results. This is the fundamental technique of Mind Control.

The problem is how to engrave the message deeply without incurring the obstruction of effort. Here Coué had found a formula. He insisted that results would be forthcoming simply by a passive and relaxed repetition of his famous phrase. In his day this repetition was made into a sort of incantation that became fashionable to recite twenty times

every morning and every evening in bed. People made knotted strings fashioned like rosaries for keeping track of their litany. It all seemed a little childish but when reports of startling results in areas of health, business and human relationships, started coming in, it became clear that the shrewd little scientist knew what he was about. He had actually devised a painless method for putting the mighty slave through his paces. His followers were unwittingly programming their subconscious in a most efficient manner and the wheels within wheels were grinding out results.

The innocent recipe has more to it than is apparent. It is well-designed to reach the core. Notice that it does not make tentative statements into the future. It does not say "I will be better and better". It carefully avoids the concept of "Will" both as a projection of future results and as a connotation of wilful effort. It tersely states "I am better and better" and in taking for granted accomplished results it drives home the message with effortless power.

It may seem puerile to believe that only by pronouncing a repetition of words results may be produced, but let us not overlook the fact that words and thoughts are inseparably linked and it is clear that if words stir thought and thought plants the seed of creative imagination, this may mean that through simple words the great seed has been planted in the ground.

At this point it may be a matter of interest to examine why these two admirable faculties Thought and Speech are considered so closely linked and to this end let us note the observations made by Dr. Paul Broca, (1824–1880) enlightened pioneer on neurology and a dedicated scientist who achieved notable findings with his work on the brain.

It appears that Dr. Broca's probing of the brain led him to find and pinpoint many areas of the brain where specialized functions took place and referring to the centre of speech, he considered it a basic centre of thought as he deemed that

without words very little true thought would be possible. For this reason he considered this area was perhaps the very threshold of reason, where fundamental transition is formed in the search of subjective values by man since it is only in his brain among all animals that this miracle appears. Paul Broca did not speak of "neural chains" as the process is conceived at present, but explained that when a sensation is perceived in the outside world it excites a nerve and is conveyed to the brain where it becomes a conscious perception. It then follows a nervous fibre until it reaches a terminal point and is translated into sounds, that is into words. Speech, he considered, is the only human expression that is so closely associated with the thinking process that it is almost impossible to think without words. We can feel without words but not truly think. The abysmal distance between man and the anthropoids may be largely explained through this power of speech as we can readily see by following the evolution of this important faculty.

We must then conclude that through words we can trigger the formidable mechanism of suggestion. This is a special power that is not included in the three classifications that psychologists establish. It does not fall within the areas of instinct, habit, or will. We might say it is a separate application of mental energy and one which seems to carry a direct and influential line to the subconscious. Some say that it is the motivating power for setting the subconscious in motion and taking a short cut around the will just as intuition abbreviates the functions of intelligence. This would mean that intelligence and willpower are articulated mechanisms while intuition and suggestion are uninterrupted connections. Such bridging which provides direct linkage in some of our mental processes would appear to have become lost along the road of evolution. It may well be that once, before selective analytical intelligence was developed, we possessed direct awareness from the sources through intuition.

What now emerges as an attainable ideal is the possibility of recovering the primitive mechanisms that were lost and by

reincorporating them to the conscious processes to bring out of this a fusion equivalent to a third dimension in the awareness of mankind. There is a strong line of deductive reasoning supporting the assumption that the subconscious is the spring of the faculties we consider the province of genius. It appears to be fully cognizant of all our physical and mental machinery and therefore it is in command of superior wisdom that can be tapped for all that is needed in the execution of tasks that are entrusted to it.

To understand how suggestion can cause immediate effects on our physical domain, let any of us imagine that we slice a lemon and taste it. Instantly salivary glands come into action. Others can simply think of a pencil scraping on a slate and they shiver with a nervous contraction.

If mental pictures can influence matter so quickly, it is then logical to evaluate the importance of imagination as the lever that can move the subconscious. Therefore it is up to us to discover how to reach the subconscious planes and manage them through intelligent manipulation of imagery.

States of relaxation seem to offer our best chance for doing so consciously. A demonstration of the subconscious surfacing when we relax is found in every night's sleep. Dreaming is a good example of this element taking activity when the conscious mind relaxes. Significant insights and solutions might be revealed more often in dreams were it not for the distortions that seem to be an essential feature of the dreaming state. Access to the subconscious in states of relaxation has been compared to a flooding of the mental planes which submerge the conscious field and permit the subconscious to float on the surface. Others speak of the subconscious as the bottom of the pool which can only be seen when the choppy waters of the conscious mind are still.

Whatever analogy one chooses, it is clear that communication between the conscious and the subconscious planes of the mind would be difficult at the Beta level and perhaps

impossible in the condition of deep sleep which we classify as Delta. The chance for this exchange is to be found when brain activity marks between 4 and 14 CPS, and this opportunity comes spontaneously when least expected or can be sought purposely in altered states of mind which may be induced through chemistry, hypnosis, meditation, or in full awareness by developing the techniques of Mind Control.

Finding a way to draw on the treasure contained in our subconscious mind certainly presents a worthy challenge and one that should be most rewarding, for this genius within every man appears indeed as an infinite store of wisdom. It is a sleepless recording clerk with endless files at its disposal. No incident from early childhood has been too trivial to escape notation. Facts, figures and dates are all there as any subject in hypnoidal regression can prove.

The subconscious mind also seems to have access to information stored in the Universal Mind but it would seem that its most dazzling performance lies in the area of creativity where scientific inventions and masterpieces in the arts have come into being through the magic of this faculty which hides in every man and makes of him a potential genius. While Jose Silva was researching Mind Control techniques to help guide us in a methodology for inducing contact with these higher planes of human capacity, Louis Pauwels and Jacques Bergier in their valuable work entitled "The Morning of the Magicians" present a well documented case for the possibility of man discovering the veiled genius within himself.

According to the authors of this work, the advanced studies in psychology, and here we feel they are referring to parapsychology, have demonstrated that in this state between deep sleep and wakefulness (Alpha we say) man can command through a higher awareness, intellectual means of a much higher level. Possibly ten times greater.

This psychological unfoldment, which at the time the book was written had not been offered to the world as the possibility of psychic development for every normal human being, places man on the road to the attainment of a super intellect, and genius would be merely one of the stages that we would reach on the way to a full use of our faculties.

Since it is widely agreed that the average human being uses no more than one tenth of his possibilities for attention, penetration, concentration, intuition, etc., perhaps we are about to discover or rediscover the keys that will unlock the doors that lead to the treasures of knowledge waiting to be tapped within us. Therefore the talk of a coming mutation represents not merely a metaphysical dream but a reality in the transformation we are witnessing and no doubt there are already mutants upon the world; that is, people who have already taken the road that eventually will be followed by all.

These thoughts concerning the powers within us and the possibility for the individual to attain genius are most encouraging but from a practical stand our immediate concern in conquering the domains of creative imagination lies in its application for solving problems.

It is here that Mind Control wields the PK forces and presents definite formulas that are amazing people and accumulating trustworthy reports of big and little "miracles" among graduate groups. This brings us back to the point; what are miracles, but the phenomena of forces we have failed to understand? In biblical times producing light with an electric bulb would have been acclaimed as a miracle because we did not know how to handle the power of electricity at that time. This potential, however, was then upon the world and around us even as it is now.

Now that mental evolution is coming to reveal the forces at our command we can understand that such disciplines as are discussed in this work may provide the proper formulas for applying these forces.

In Subjective Communication directed in these courses towards Effective Sensory Projection we learn to make use of Creative Imagination by visualizing relief and forging solutions in human suffering. The techniques recommended are two-fold:

1. Relaxed picturing fraught with great realism and detail.
2. A heartfelt intention.

The second condition stipulating sentiment and emotional involvement while creating the image implies a projection of love towards those who are suffering as participants in a problem.

This should not be an alien concept if we stop to think that all creation is permeated by the radiance of love which is a force attendant in all the dynamics of creation.

In human affairs love represents the warmth and feeling man confers upon his works, from the loving care that a carpenter may bestow while making the products of his trade to the great works of art that bespeak eloquently the love with which they were created. Love is recognized as one of the great driving currents in human behavior, but we must realize that the powerful force goes well beyond man and into the spheres of the cosmos.

Now, if the creation of every work that is well performed demands the projection of loving care, it follows as a natural deduction that the entire universe must vibrate with the sublime power of love that flows from the Creator in the execution of His masterpieces. This would explain how and why creative love pulsates throughout the universe as a fundamental force.

In directing PK forces towards the solution of human problems, we should analyze more closely the motivation that impels concern for the conflicts besetting people.

This is also intimately related to the power that has been examined in the act of creativity and is also a manifestation of the love current in another of its facets.

Let us then attempt to see rationally the causes why brotherly love is in turn an indispensable component in human functions. It is unfortunate that the word "love" has been divested of its most important significance because of generalized and thoughtless application. Since childhood we have listened to long discourse from platforms and pulpits embroidering beautiful but unexplained phrases such as "Love thy neighbor", "God is love" and so forth.

In this way, speakers and preachers have stirred in us noble but vague ideals, because they have seldom attempted to penetrate into the rhyme or reason for what is preached with such admirable fervor.

Possibly many of these sermons are inspired by the teachings of Christ and his good apostles who went about spreading the precept of "Love thy neighbor" but offered no particular reason for it. However, let us remember that those were different times and simpler minds when people were barely divining in the words of the Saviour the revolutionary doctrines which came to sow the seeds of a new growth in humanity. And to this day we listen with reverence to these exhortations because of their origin and by virtue of the sentiments they awaken within us even though they may be superficially preached.

Here we shall point out some of the reasons that have been omitted. Let us resort to the principle of the macrocosm and the microcosm; that is the miniature universe that mirrors the laws and character of a larger system to which it belongs.

The science of the atom presents an example of this for having discovered within atomic structure the same planetary principles that govern bodies in space we find that the sun is

represented by the nucleus of the atom and the electrons circling around it in orbits appear much as our spheres spinning around the father planet.

Let us then imagine the human being as a microscopic reflection of a larger entity which is the human race. In the miniature scale the body of a man is constituted by billions of cells. In the larger scale humanity is made up of about four billion "cells" – human beings. In our body these microscopic components are so essential to each other that if they fail to function properly, say in one of the vital organs, all the other components of the same body may suffer death and disintegration. Therefore, all the cells of one human body, intimately bound together and interdependent, are brother cells. In the larger scale mankind in identical manner is formed by its four billion cells and each one represented by a man, is indissolubly united to all his brother cells that form together the human race.

This is why men are compelled to view each other as brothers. This is why men and nations, even in a grudging way, everyday fuse closer together as it dawns upon the world as a realistic understanding that no nation or people may isolate or excuse itself from sharing in the needs and tribulations of the others.

On this road impelled by irresistible forces our little planet must eventually see itself as One World in which every individual will cooperate for the general welfare and each man will contribute to maintain the whole, so that the entire human species may survive and ascend towards its destiny.

It should be easily understood that in all human dealings every man attracts to himself reactions closely resembling the ones he projects. Anger induces violent responses, hatred provokes rancor and resentment, while kind actions, those we might term "loving actions" not only attract similar sentiments but even beyond that, since they are positive forces, they predominate over the negative ones and set into motion

currents that will alter aggressive attitudes and convert them into unifying and fraternal responses.

Seen by this light, the admonishment, "Love thy neighbor", appears in a new guise. It now falls within natural laws and this most transcendental question is no longer left to the vague realm of sentiment. It should stand before reason presented as a more enlightened cause for man's longing to seek unity and love with fellow creatures, since in giving love to others he also attracts it upon himself.

We have then seen love as the essence of creation, a fundamental power indispensable to the act of creativity, a force that is alive and constantly in operation throughout the panorama of the universe. Now let us leave aside the literal interpretation of creation having been performed in six days and left there as a finished job that would henceforth function by itself. In order to conceive with mature thought eternal creation, let us visualize a notion of the Creator ever and forever in the process of creating in an infinite dimension. Man on earth seen as a product sprung from a wondrous conception in a brilliant process of ascent can hardly be held as having arrived at any particular terminus. On the contrary, simple logic indicates that if it took billions of years to bring about the astronomic, thermic, geologic and biological conditions that produced earth and man upon it as the apex of intelligent life, what is there to make us think that this process has ended? Our vision is compelled to go forward and pierce the horizons of many more millions of years. Thought must take flight into the haze of the infinite in order to grope for a conceptual vision of the Creator as a perennial force in the eternal action of creating.

In this manner, as an element essential to His work, the love of the Maker should be seen as a dynamic force that was, is, and will be, as long as the process of creation lasts. And we, the little creators made in His image, must also use this principle in our lesser works.

We have also seen love as a fraternal imperative unifying the "particles" that constitute the human race. Fraternal love viewed as a compelling realization that we actually form part of a whole that tends to consolidate individuals and peoples so that eventually they will form a single entity in harmony within itself, namely the human race in peace.

In our particular case, when using the control of the mind for setting in motion forces of creativity visualizing the solution of problems, of necessity we must invest our creation with deep-felt emotion and with sincere compassion towards those who suffer. Our emotional involvement should be projected along these lines:

1. In our own problems, a burning desire, belief and expectancy.
2. For solving problems of those who are dear to us, intense love.
3. For helping to solve the problems of any human being, heartfelt sympathy and compassion.

7

THE BRAIN AND ITS NEURONIC PATHS

In the electrochemical process by which the brain functions, every thought forms a linkage of neurons and these connections leave a chain or path through which a repetition of the thought tends to find its way a second time. A similar impulse will then find it easier to thread its way along the path previously formed, and this is none other than the law which in physics and chemistry dictates that currents flow along the line of least resistance. That is how by repetition habits deepen the path and become ingrained. In a simple physical action, water poured on the ground creates a path as it runs, and this same course will be followed by water poured later in the same spot. This is how little and big river beds have come to exist obeying the laws that are evident when we observe that repetition of an action creates facilities such as a mechanism working better when it has been used a few times or even a paper folding better a second time along the line previously used. The sounds of a violin are better when the instrument has belonged to a virtuoso because the molecules of the wood have become conditioned to certain types of vibrations and this is why violins that were

owned by the great masters are highly prized, not only for their history but because they render better tones when they are played.

Nature has encased our brain in a hermetical bone structure safe from physical or thermic alterations. Neurons are suspended in gelatinous tissues that protect them from external shocks save the most severe kinds such as may be experienced in concussion. This means that although the cerebral system admits great changes these can ordinarily reach the brain cortex and lobes through the bloodstream or else by conditioning the neuronic paths in the disciplines of thought. Surgery and electrode implantation or shock treatment are special cases which we abstain from discussing here.

Once thoughts have linked the connecting elements, there is a path ready to be traversed and made deeper the next time similar mental action occurs. These paths are strongly impressed when made under special conditions such as are established for programming in the methods of Mind Control. Through repetition they become more firmly established and this is a technique which is learned for engraving habits and desirable behavior. The Alpha level is most valuable for carving these paths. The first trail is well-marked and repetition deepens it.

This principle is recognized in deprogramming undesirable habits and the student is advised to stop using the established paths and create new roads. Comparing these processes to those of molecular behavior we know that when solids or liquids have opened roads the repeated passage has removed obstacles and left an easier transit. As in physical molecules electrochemical linkage on neurons produces the same effect. Facing these observations some scientists have made the lucid remark that if we consider these paths as the organ and the impulse that forms them is seen as the function, one could well say this is another case of the well-known axiom: function creates the organ.

It has been mentioned that the ordinary means by which the neurons isolated within the skull may be managed, are either by conditioning them with thought processes or through the bloodstream. Here we come upon a question of capital importance – drugs.

The world is facing a growing threat. We are witnessing a distressing spectacle watching our youth waving the banners of rebellion and marching along a sadly mistaken road. Their search for better worlds than the one they have come to find may be understandable.

The dream of inner visions might not be altogether frivolity or vice. Man has ever been the explorer of new worlds, but we cannot avoid feeling the utmost consternation at the sight of youngsters barely out of childhood saturating their blood with the insidious acids that enslave them with the curse of addiction.

Searching for the inner realms on this road represents an appalling mistake. For those who embark on ships without a course and sail into uncharted waters are unarmed with the basic equipment of the most primitive navigator. They not only lack a course or a rudder, but they have no awareness of where they have been on their voyage or how to return there. What is worse, they ignore where they will go on the next trip. It is like entering a cinema without any idea of the picture showing or whether it may mean a mystical experience or an endless satanic nightmare – and you can't leave.

The tragedy is that anyone jumping into these treacherous waters in search of inner visions is taking the wrong course of the two that may influence the brain. He is altering the bloodstream to reach the brain instead of using the discipline of the mind and so disregards the wisdom of an old axiom, "A man should know the difference between acting and being acted upon." This choice represents opposite poles. One is alteration through external and harmful agents while the other is management of neuron changes through the process

of conscious thought. The latter is a course of action in keeping with the psychological evolution of man and one which enhances mental development towards future attainments.

When we alter brain frequencies in volitional control of our own mind we are using our intelligence, linking neurons consciously and exercising selection in harmony with human dignity. When we alter the blood and the brain through chemistry we are courting enslavement, for addiction is a progressive process nearly impossible to reverse.

No doubt the search has contributed some knowledge and drugs have taught Psychology that man's inner world is a challenge waiting for exploration. However, even the most decided partisans of this practice must confess that this road is lined with perils, for this bridge into Nirvana rests on false pillars. If these facile methods were valid, how is it that adepts pursuing the long and suffering roads of oriental schools have not flocked to join the ranks of those who find inner visions through drugs? It must be that all these "gurus" and their "chelas" repudiate this means for the simple reason that they have a better way: conscious control of the ship instead of aimlessly drifting at the mercy of unpredictable currents.

In many of the practices which have been used, either for creating states of meditation or hallucination and euphoria, the techniques of repetition are used. Even primitive peoples have resorted to this. In Australia tribesmen dance incessantly around a fire at which they stare. Eskimos sit and engrave endless repetitions of a circle upon a slab. Dervishes spin tirelessly and even in Zen Meditation the initial exercises call for the student to sit alone in a room and count his respirations.

It appears that these methods use a focal point so that attention is held there while the mind goes within itself.

In Yoga it is conceived as an abstraction into the "void" which means a place where the outside world does not exist.

An explanation is offered in that the mind in a wakeful state requires constant stimulation and when forced to monotonous repetition it is driven to escape into its inner levels.

While these are archaic systems Mind Control has evolved a more natural means which is to induce the mind towards the tranquil Alpha levels through relaxation. Once there a world of possibilities unfolds. Altered states of awareness can lead to the exploration of internal spaces and perhaps to knowledge of what visionaries, mediums, and artists under inspiration talk about. Possibly through these states one may contemplate *visions of multicolored geometry, of moving architecture studded with gems and radiantly beautiful, scenery of heroic figures and symbolic drama perpetually trembling on the edge of final revelation.*

All this is still in the experimental stage but some scientists feel certain that Alpha besides being a level of calm and regenerating forces is also the legitimate road for man to find communication with the worlds that visionaries, mystics, and drug addicts seem to have found.

In order to obtain first hand information on the inner perceptions and altered states of consciousness induced by drug hallucination, Aldous Huxley at one time decided to experiment on himself and record his impressions. Someone was taking notes, a doctor was present for medical observation, and the dauntless explorer launched his boat into the uncharted currents of drug-induced fantasy.

He describes how some thirty minutes after taking the drug the visions started forming. He became aware of golden lights in a slow dance. Soon there appeared areas of sumptuous vermilion expanding from cores alive with a vibrant orderly pattern and upon closing his eyes a complex of grey structures emerged and from them arose blue spheres taking gradually

a more solid intensity till fully formed they floated silently upwards and gently vanished.

Later, he reports, he found himself sitting in his studio gazing upon a small crystal vase that contained three flowers; a rose completely opened tinted like a delicate shell with each petal shaded to a warmer and more vivid colour at its base, a gret magenta carnation showing pale lavender at the end of its broken stem, and the brave heraldic bloom of a wild iris. The little bouquet had been gathered by chance and before taking the drug Huxley had noticed it, remarking on the unusual arrangement which broke the rules of traditional good taste. But now it took on a new dimension, the unusual assembly was no longer important in its poor taste. He was no longer seeing flowers in a clashing array. He felt himself witnessing the world unfolding before his eyes as Adam must have seen in it on the morning of his creation, the gradual unveiling of naked existence. Now everything was clear as day, evident as a theorem by Euclid, and all else became equally obvious and transcendental. The flowers and whatever he turned to stood clearly revealed away from his smothering proximity. Books covering the walls of his study, when he looked at them, shone like the flowers alive with bright colors and a deeper meaning. There were books red as rubies, books in emerald, volumes bound in white jade, books in agathe, aquamarine, golden topaz, books in lapiz lazuli, so bright in their colors and in their essential significance that they seemed about to leave the shelves to press themselves more intently upon the attention of the observer . . .

But here we have exactly the crux of the problem that besets awareness altered by drugs. It has been mentioned already that reaching in this manner such scintillating visions carries with it no command over the situation, no way of entering or leaving at will. And even less, the ability to exert a selective faculty on the images that may appear.

Huxley himself describes the other side of the coin in

another of his essays entitled "Heaven and Hell". Referring to his first experience he states that this was the happy vision, the "good trip" that may be found when aesthetic or mystic aspects couch the dream. But if there is a heaven there is also a hell, and he goes on to describe in his powerful prose the infernal lighting upon the scenes, the blinding electric illumination that pervades everything without a shadow, ubiquitious and implacable, and all the attending terrors that torment the traveler on a "bad trip". The atmosphere is ghastly, and all that is a source of happy associations in a healthy visionary now causes terror and the inescapable stark reality of an endless nightmare. The sunshine within the room becomes malignant, polished surfaces no longer resemble jewels, but the blinding glint of fiendish machines. Objects become animated with a threatening and unbearable nearness. A corporeal oppression weighs heavily upon the person and all the world becomes transfigured for the worse. When the evil voyage unfolds, individuality becomes intensified and the negative visionary finds himself agonizingly imprisoned within a body that feels progressively more dense and more constricted until he feels reduced to a heavy piece of leaden matter no bigger than a stone held within an evil hand. This infernal torture of compression and shrinkage from which there is no escape reminds one, according to Huxley, of Dante's *Inferno* where torments of pressure and constriction are imposed on the sinners. These are the pains frequently experienced by schizophrenics and by those who have taken mescaline or LSD under unfavorable conditions.

In analyzing how and why this heaven may turn into hell it is evident that sometimes the negative experience is due to physical causes. After ingestion the mescaline tends to accumulate in the liver and if this organ is in bad condition the tortured mind may find itself in an infernal atmosphere. What is more important is the fact that the negative hallucination may be brought about on purely psychological grounds. Fear and anger close the gates of heaven and plunge the user of this alkaloid and other drugs into hellish distortions.

Here then is the grief of an ill chosen road. It should be emphasized once more how far superior is the way through methods that, far from the terrible contrasts of psychedellic hallucination, afford the opportunity of using intelligent selection while exploring these unknown dimensions. Voluntary methods through BFT machines or simply trained relaxation as offered in MIND CONTROL are obviously better and infinitely more rational means for man to scan his inner worlds.

8

BIOFEEDBACK TRAINING (BFT)

In the sort of life civilization has created for human society, a sorrowful and ironical situation has come to pass. Autonomous mechanisms placed for survival of the species have become instruments of self-destruction. When the caveman received the first warnings of danger his reaction was immediate and automatic. The state of alarm triggered his responses for two basic alternatives, fight or flight.

But times have changed and the primitive perils faced by man have been substituted by the psychological menaces of modern life. At present the individual struggles for survival and goes through life surrounded by threats of a very different and infinitely more complex nature. There are economic worries, moral problems, and family conflicts. These phantoms intimidate man and walk by his side keeping him in a state of chronic alarm and constant tension charged with anxiety and fears.

When the human machine experiences fear, its reactions

are much like those of anger. The heart increases its rate, blood vessels contract, pressure in the bloodstream increases, the blood supply is switched away from digestive organs to the heart, lungs, brain, and muscles. The liver sends sugar to the blood. The spleen increases the supply of red corpuscles. The muscles of the chest relax for greater breathing capacity. Blood coagulates faster in a wound. Adrenal and thyroid glands increase their secretion, and so forth. All these changes are automatic, outside of conscious control, and when in primitive behavior man fought or fled for his life the mechanisms were discharged during the emergency, went back to normal, and were not kept in perpetual readiness as they are in modern life.

The accumulation of clinical evidence gives ample testimony that chronic fear affects organs and tissues. It has been found that fear influences and may damage the brain. Illness and health, just as failure and success, are rooted in mental and emotional conditions. Unhealthy thinking reflects in unhealthy bodies. Countless number of people limit their health and their life-span by fostering within themselves mental habits of fear, frustration, worry and hatred. Such attitudes are destructive and negative, a minus sign in any pursuit of happiness. The inability to attain healthful states of relaxation in due proportion spells disaster to the human machine. When an officer has drilled his men for a while, he calls for a halt and commands "At ease!" which simply means "Relax!". The very word DIS-EASE is an apt expression for the cause and the effect of constant stress.

In the adaptations required by human evolution it has become imperative to drop the ballast of primitive times and learn to compensate tensions with salutary relaxation that may provide balance within the new background of civilization. This is where training of the mind through cerebral repose in the Alpha planes comes up with an answer for a need which science recognizes.

While Jose Silva with his intuitive gift found a way to

enter these levels through a natural methodology that anyone can learn to follow in a Mind Control course, other researchers have followed the way of electronics. In a laboratory in California a subject wired to an EEG was asked to make a guess at the sound of a bell for appraising his own brain level as being in Alpha or Beta levels. In the first test he was right fifty per cent of his guesses. The second day he scored sixty-five per cent and by the fourth day he had learnt to be one hundred per cent accurate. In four sessions the subject had learned to estimate states of mind by recognizing CPS levels in his own brain activity. After having established this as a training technique within reach of anyone, the scientists went on to request the subjects to place themselves at will in either level. This was a little more difficult but soon subjects without previous training were achieving excellent results. Some of the researchers felt that the quiet mental reverie of Alpha levels was similar to states of meditation in oriental philosophies and it was decided to experiment with subjects who had previously developed disciplines in Zen and Yoga meditation. These subjects found it easy to enter Alpha frequencies for it was very similar to the practices they already knew. Yoga students found biofeedback electronic equipment of great assistance in their training and became interested in obtaining EEG type machines for their exercises.

When these initiates of the oriental cults demonstrated before scientists, their self control caused astonishment. They were able to enter states of relaxation easily, attaining deep trances and altering blood pressure, body temperature (total or partial), heart rhythm and generally controlling their autonomous mechanisms to a striking degree. In the East mastery of autonomous functions is traditional and yogis for centuries have been doing it. In one of the tests made in the United States, laboratory researchers were astounded when one of these yogis demonstrated how he could increase at will his heartbeat from sixty-five to three hundred a minute. He also impressed them a great deal by raising the temperature in a small area of his skin ten degrees higher

than the surrounding skin.

At present with the science of electronics making great strides, hope is spreading that humanity may find along this line a more stable means. A road free from the disasters of drugs, for searching in our inner worlds. Perhaps a way will be found for a fuller revelation of these promised lands that have been dimly disclosed through the punishing disciplines of the Orient and in the distorted hallucinations of LSD. This new possibility that some have dubbed "electronic yoga" may permit man to communicate with the nebulous planes in the mysterious recess of the inner mind. There is hope that they may be reached in ways more natural and legitimate than through chemical ingestion. This training leading to altered states of awareness is at present developing rapidly in the United States and will soon be available so that any normal person may experiment in self-training with simple biofeedback equipment.

Such training is not necessarily directed towards the hallucination type of experience. It has many other applications which can be perceived when the individual receives information on the behavior of his own body, especially that of the autonomous mechanisms.

Although this work is drawing a great deal of attention, it still meets with considerable skepticism. The notion that man may use his own brain for volitional regulation of his organs seems revolutionary, since autonomous functions have always been considered beyond voluntary management.

Only a few years ago science considered this work impossible but a research group reported that it had been able to train rats through the usual techniques of rewards so that visceral functions were altered in heart rate and urine secretion. Previous to this it had always been felt that the autonomous nervous system which regulates such functions was too detached from the will to respond to methods which are generally managed through the cortex of the brain.

In one of the experiments rats were rewarded with pleasant electric discharges in the hypothalamus. The scientists gave them a pleasure shock every time heart rate was lowered to a predetermined level. That is, the animal was rewarded for reducing its heart rate to the twenty per cent decrease that had been set as a goal and some of the rats became experts in the test. In another experiment the animals were trained to make one of their ears hot while the other remained cold. Such demonstrations made some people remark that this was all right for rats but the human body was different. This is a thoughtless comment for if a rat is sufficiently smart to control its automatic functions how could a human being have less intelligence?

Much is expected from this training in human ailments. Baltimore's Center of Gerontology has been making tests in heart conditions. Professor Bernard Engel and his group trained a number of people with accelerated hearts to retard its rate every time a red light appeared and to quicken it at the shine of a green light. After obtaining progress with this training they were taught to establish and hold a healthy rate when a yellow light came on.

BFT is still in the experimental stages but very encouraging results have been found in cases of arterial hypertension as well as in certain psychosomatic ailments such as asthma and headaches. Some of the most successful results have been reached when subjects learn to create voluntary relaxation equivalent to what Mind Control students do with their mental training which they call "going into their Alpha".

This is a practical and simple training for inducing relaxed attitudes. It does not demand long years of discipline or isolation upon a mountain top. BFT enthusiasts claim this system can be developed for attaining the phenomenon of internal vision that may come to replace drugs. They also believe this to be the road for training that will eliminate the anxieties and tensions that lead to psychosomatic illness.

Let us see how it would work at a session in which a subject sits wired to a machine that can indicate his heart rate through light or sound effects. Imagine the patient sitting before a screen in which a little worm of light restlessly squirming is showing his brain activity while on another screen placed immediately below appears another light which indicates heart behavior. Our subject is a heart patient that has developed a chronic condition of a hundred heartbeats a minute, a dangerous rate that must be corrected and brought down to a normal pulse under seventy-five. The subject reads in the upper screen a brain activity of 25 to 30 CPS, normal in Beta levels, and it has been explained to him that by quieting himself in relaxation the screen reading will come down under 14 CPS. The patient tries various ways for reaching a relaxed attitude and finally discovers that his efforts produce opposite results and only when truly relaxing body and mind, Alpha level is achieved. Then comes the big surprise. He looks at the lower screen and sees that *immediately the heart rate has also come down!*

Here we have a means of establishing treatment which clearly would belong in the field of psychosomatic therapy. The subject learns to keep his brain within Alpha and the heart, an autonomous organ, synchronizes to the mental repose and learns again the normal function it had forgotten. Of course this is not achieved in one session, but what does it matter if results are finally obtained, as they have been, and normal rates are permanently implanted? There are patients with heart cases that after two years have kept the normal function achieved through such training and do not need further treatment. Chemical means cannot hope for such results for it is well known that to maintain proper function in the heart, patients have been chained to constant medication for the rest of their lives.

Other victories promised for BFT lie in education where there is reason to hope for applications that some scientists believe will facilitate learning and will enhance memory. In general there is much hope as to the fields this may open, not

only for clarification of mental functions and expansion of the known dimensions, but also for probing the subjective worlds in unexplored areas.

Mr. Silva has not viewed all this with indifference. His training in electronics added to his eminent standing in mental research has enabled him to lead his colleagues into experimental work for improved techniques and design of machines that may lend support to the work that takes place in Mind Control teaching centers. At this writing the Silva organization, is busy developing new BFT equipment tending to consolidate the existing work in educating students for better control and usage of the mind.

While on this subject it should be mentioned that the term "Psychorientology" was coined by Silva himself in response to a need for describing the methods created by him.

Soon this word may appear in dictionaries for it covers a special need of expression.* In a way the word is the predecessor of what is now called biofeedback training, for BFT machines are intended just for the purpose of orienting a subject towards psychological states that indirectly control physical functions. Therefore the new machines as well as Mind Control methods fulfill the important mission of providing guidance for attaining desired states of mind.

All systems for psychorientology owe much to the invention which Hans Berger gave the world when he built that first EEG machine in 1926. At that time the curtain was lifted on the possibilities we are witnessing and many more awaiting in the future. Previous to that breakthrough man had no way of knowing and much less seeing with his own eyes the sort of activity taking place within his brain. Now the electroencephalograph and for the heart the electrocardiograph, permit a very clear picture of these two important functions in the human body. Clearer than the best handwriting, graph points trace upon a roll of graded

* Psychorientology The science or study of orienting or educating the mind in psychic activities.

paper the story of the electrical impulses emitted by the activity of the most important organs housed in the human body.

We can then understand that when man saw for the first time his own brain tracks in black and white, the cornerstone was laid for the technology that at present and in the promising future will disclose an unlimited panorama for the mind. It must have been a momentous occasion when a man with electrodes held against his skull produced for the first time a visible trace of his brain functioning under different mental moods. We can hardly imagine that Berger could have guessed how far his clever device would go towards producing such methods as Mind Control and which now BFT comes to confirm and expand. When the EEG began furnishing its first readings, the most energetic level that could be detected in brain activity was what is known today as the Alpha band. Neurologists became fascinated by the new machine that permitted them for the first time to "dive" into neuronic behavior and classify it under various conditions. As the instrument developed with the advance of electronics, the levels were classified in accordance with frequency (CPS) and the four bands that have been described became clearly defined and christened by the specialists with letters from the Greek alphabet.

Learning to move at will in and out of these bands in auto-regulation is what BFT machines and Mind Control techniques can do for the individual. The Silva method goes much beyond BFT in that it furnishes definite objectives and practical application when the Alpha-Theta regions are reached. It is here that the student learns to apply technical formulas and to program benefits for himself and for solving human problems.

For a better understanding of how feedback information can appear on a screen and reach the subject through auditory or visual means, consider the Space Center in Houston. When astronauts travel in the space ships that take them to

the moon these men are equipped through their space suits with all manner of electrodes which are transmitting to the Space Center data concerning the autonomous functions of their bodies at all times.

In that imposing array of electronic technology there are departments entirely devoted to maintaining constant information on the conditions prevailing in each one of the men.

They know at all times what is going on in all the more important organs of the astronauts. At any moment they are able to read blood pressure, body temperature, heartbeat, and all of this is constantly being observed by trained men who sit before consoles and view on screens the organ behavior of the closely watched travelers. In this manner they are able to pick up in Houston, even before the spaceman becomes aware of it, any abnormalities that may appear in the human machines that are after all the most important mechanisms in the spacecraft.

It is obvious that if Houston at a distance of over 300,000 miles can have this information with accuracy, it should be comparatively easy for a subject in a laboratory to read his own reactions while sitting in front of a BFT screen directly wired to it.

For some time now medical science has known that a convalescent can speed up substantially his time of recovery if he can manage to keep certain autonomous functions, and especially the heart, in well synchronized rhythms. But how can a man order his heart to beat at a healthy rate? The way is clear after all. The heart beats in proper pulsation when the mind is in a placid state, while in contrast the heart functions with agitation or irregularity when the mental condition is tense, fearful or shaken.

For this reason patients having a restless convalescence while worrying about the business and the family they have

left unprotected are the ones that have recovery problems.

On the other hand the patient able to achieve a peaceful mental condition will find a corresponding tranquil regularity in his autonomous functions and will have a much speedier recovery.

In many surgical wards patients are helped to find favorable heart rates through Alpha Sensors. The recovering patient is provided with electrodes held against his forehead and occipital area with a head band or adhesive tape. The electrodes have wires leading to an electronic machine no bigger than a tape recorder and feedback is produced through sound. A high-pitched sound means high frequency in cerebral activity. As the mind relaxes and quiets down, the audible pitch goes lower and lower approaching a basso drone. With this sound guide a subject can learn to relax his brain frequency. Heart rate will immediately become synchronized to a relaxed mind and the patient who learns to keep the Alpha sensor at a low-pitch is on his way to an early discharge. When the attending doctor explains all this to the patient and leaves the machine with him, this is what often happens.

The subject starts experimenting with the sensor and tries various ways to lower the pitch. The harder he tries the more elusive it becomes. Finally, he loses his patience and gives up. He stops trying and to his surprise it is then that the pitch drops. So he finally discovers one of the Mind Control principles which is that effort defeats results while relaxed attitudes can be most effective. So the convalescent through this simple feedback can learn to keep his internal mechanisms in health-restoring conditions as he discovers that the mental situation is the key to well-being. Medical men consider this so essential that in delicate cases visits are not allowed, mainly because a patient may excite his mental state with the conversation and news brought to him by his callers.

It has become clearly established that man is not like a passenger traveling inside a vehicle which is his body. Instead body and mind form an inseparable unit and this is why by relaxing the body the restful condition communicates to the brain and in turn spreads to other functions including those of the autonomic systems.

BFT is relatively new and therefore science cannot foresee to what extent its therapeutic value may be carried, but investigation at this point has already disclosed valuable results. Patients with high blood pressure, when this is caused by emotional alterations, have been able to train themselves in self correction. Also in endocrinology, gland secretion has been clearly altered by patients learning to control mental attitudes. In the medical center at Cornell in New York, a victim of a heart attack was trained to reduce his heart rate from nearly 100 to less than 75 per minute. Training time in this case covered periods totaling thirty-one hours but checking showed that months later the normal rate thus obtained had been retained. Records show many instances when after two years the improved condition persists.

Harvard has also done work on hypertension and its findings indicate that in ninety per cent of the cases the abnormality is due to mental or emotional conditions. It is hoped that patients who are attending weekly treatments may become self educated, not only in controlling during the treatment but retaining the improvement as a permanent correction. Admittedly high tension can also be treated with drugs, but here again it has been pointed out that chemical assistance will require indefinite continuance while the self-training mental correction tends to produce results which are permanent. In another field phobias may also be corrected. Relaxing frontal muscles and other tension areas, the subject may induce general tranquility in himself, learning to hold the relaxation while mentalizing gradually the phobias that produce anxiety and thus learn to eliminate them.

Little by little the notion that the body can learn to control automatic functions is gaining ground and many diehard doubters have had to reconsider their opposition since in 1966 the experiments with rats brought conclusive demonstrations to the fore. Rockefeller Center in New York has been investigating the theory that as visceral functions can be educated, so psychosomatic disorders are also learned.

Most people react psychosomatically to problems. When they manifest headaches and nausea, this is often the result of having learned these disorders. For instance a child terrified to leave home on his first day at school may look pale and feel nauseous. If his mother comforts and allows him to stay at home, perhaps unconscious learning has been planted and the subject has been conditioned to feel the same symptoms every time he is faced with fearful situations in future life.

Since the Rockefeller findings were published, many people have been trying methods of controlling the mind, and successful reports indicate that psychosomatic health through various methods of training is a promising feasibility.

One should not overlook the educational possibilities all this may offer for the very young. Some of the Montessori schools in San Francisco have requested machines of this type for making tests in schoolroom work. The day may come when a child sitting before a BFT console under the guidance of an instructor will train his responses under a predetermined program. He will be able to observe his own heartbeat, experiment with his brain frequencies. control gland secretion, and become aware of many of his body functions. Scientists see in this not only a chance for training organ responses but also the means of teaching the body to feel whatever is helpful.

As a valuable contribution to the subject of medicine we include here the contents of a paper written by Dr. Alberto

Sanchez Vilchis, a highly reputed physician in Mexico City, who is conversant with the Mind Control methodology:

"In evaluating Mind Control, we feel that it qualifies clearly as a science of the future. Considering the ample scope it embraces, the young student should find increasing opportunities for its application as he advances into the world and achieves maturity in his activities. In addition to the immediate benefits that can be obtained, the student will find this methodology a valuable tool while following any branch of science he may pursue. In addition he will find in it a versatile instrument for handling every day events and reaching greater fulfillment in his life.

Presently there is an urgent need for scientists with vision who must take steps to stem the chaos threatened by a runaway technology racing beyond our power of adaptation. Fortunately, there are many such scientists who possess ample vision and have undertaken the task of projecting their discoveries for a better future.

We feel certain that if Mind Control were utilized more generally in scientific pursuits, it would assist greatly in solving many problems that at present have come to an impasse. This will be possible when Mind Control's true value in this field is fully recognized.

Controlling the mind in the present age is of such importance that it has become a basic element of life. Consciously or unconsciously we are dealing with this factor at every moment of our daily routine, and the solution of our problems in all areas can be radically enlightened through the use of Mind Control. Problem solving will be handled more effectively in direct relation to the development attained in this discipline. The individual will be more efficient and productive as a member of society in the degree that he learns to apply Mind Control.

The role of Mind Control in the field of medicine presents features of utmost importance, in view of the fact that it reveals itself as a preventive technique in managing illness and also as a neutralizer in psychosomatic diseases.

Technical information appearing in specialized publications bears ample testimony to the increasing discoveries that medical science is attaining and we must prepare the individual for a proper understanding and application of these advances. We are penetrating deeper into the mysterious world of the mind and discovering remarkable possibilities. We have delved into the inner "sanctity" of the mind and we continue in our exploration of the supposed subconscious. As we progress in charting these lands we are also advancing in the relief of mental and neurological ills that cause much of the anguish and suffering in the population of the world.

All over the earth, outstanding men of science are tirelessly dedicating time and effort towards solving the many shortcomings we find in life, perfecting techniques in surgery and therapeutics, discovering new medicines and improving the existing ones, digging into the endless secrets of the human body-mind unit attempting to find formulas that may conquer diseases that at present are medically incurable, and trying to prolong the life span of man. These researchers are continually experimenting with new drugs that promise to develop the Psi factor, improve memory, and increase the capacity of the brain for differentiating knowledge. Some experts declare that in a few years science will be capable of controlling intellectual capacity through chemical medicine.

However, we feel that much precious effort of these valuable men could be spared if, instead of working so intently in the laboratory, they would direct their attention to man himself and prepare him to take care of his own wholeness. We must enlighten the aims of investigation mostly concerned in the search for artificial means of healing, and focus them toward the education of man in the field of Mind Control. Among professionals no one is more suitable than the doctor

to assist in this work, but it will be imperative that he receive special psychological training since subjective medicine should be practiced by duly prepared men with a clear understanding of the attendant problems.

Mind Control should direct its education to the profession responsible for public health; the doctors. A well planned program shared with medical men will surely alleviate, if not solve entirely, most health problems in the population of this planet.

The doctor has the unavoidable duty of applying the best scientific advances for the benefit of his patients. It also falls within his jurisdiction to improve human relations and to bolster the patient's confidence through the doctor's scientific, psychological and moral position.

In training medical students it should be stressed that medicine assumes a very important role for the human being in the body-mind relation. While the doctor is asked to cure illness, he also has the responsibility to contribute to the maintenance of health through physical or mental means in order to help each man to become a more healthy and productive member of society. It should be considered as one of the prerequisites for the medical student to acquire basic knowledge in human science before leaving the hospital environment. Knowledge and practice of Mind Control techniques would provide him with the necessary ability and aptitudes for helping his patients in a much more thorough and efficient manner.

In summing up, all the aforementioned considerations lead us to the following conclusions:

1. That the acquisition of MIND CONTROL is essential as a means of creating a better and more productive human being.
2. That the application of MIND CONTROL makes it possible to solve problems of all kinds in a direct and simple manner.

3. That MIND CONTROL is an efficient means for preventing disease and solving health problems. By the same token, the doctor should try to incorporate it as soon as possible.

4. That the science of MIND CONTROL is so indispensable for the doctor, that he will never be a complete professional man if he lacks this knowledge, no matter how many titles, diplomas, or credits he may possess."

9

EVOLUTION AND THE BETA WORLD

As we behold the panorama of earthly creation, this proliferous assembly of forms sharing the throb of life with us upon this planet, one can conceive of earthly creation as one gigantic pyramid formed by layer upon layer of evolving species mounting from the simple expressions of unicellular life to the magnificent crest on which man stands.

Alone he stands on this summit, for it is man of all the species the one who has achieved the marvel of a brain developed to manifest mental activity at its highest expression. And it would appear at this point that this rare instrument has broken the sound barrier and shows no traces of meeting with limitations. Every day it becomes increasingly evident that we can bring into material realization just about every one of our dreams. Science and technology seem bent on confirming the important disclosure that there are no boundaries except those of our own imagination, and we may soon conclude that everything we can conceive in the subjective dimension can be transferred to the material plane. This may seem fanciful to a conservative mentality, but let

us look around us and behold the frontiers crumbling away one by one and the revelation can no longer be ignored: ALL THAT THE MIND OF MAN CAN CONCEIVE AND BELIEVE, MAN CAN ACHIEVE.

Rising on the apex of the pyramid man is the arrowhead destined to penetrate the next level of evolution upon this planet, and the battle is at hand. The struggle must take place amidst the whirlpools of conflicting currents. Aspiration and a dream impel humanity to reach for higher levels but man still drags the chains of the beast in the nightmare of violence that has not been left behind.

It looms as a monstrous paradox that it should be this same man, to this day steeped in the blood of his fellowman, the one who thirsts insatiably for higher knowledge and who cannot exist without reaching constantly for the planes of the spirit. That is our present encounter. When we look down upon the lower species and contemplate the road we have traversed, we should take courage in the story of all the battles we have come through and not doubt the outcome of our present struggle.

This panorama of the lower forms is worthy of our closest attention. Within the scheme of transformation and after innumerable attempts, mutations, and offshoots that have lost their way and disappeared; that is, after eons of struggle, the species have managed to produce specimens that reach for the next higher kingdom. Here the limitations are no longer clear-cut as each kingdom strives to appear in the rudimentary forms of the next plane. The mineral gradually fuses into the vegetable kingdom, the latter rises to the animal levels, and finally the animal kingdom with the same subtle but unyielding effort produces those specimens that border on the human. There are marine species and terrestrial plants in which the principle of muscular action and the beginning of sensitivity may be observed, and there are species which cause the naturalist profound uncertainty and arduous research before he can classify them within one

realm or another. When we come to the animal kingdom with its infinite variety, a prodigious diversity unfolds before us. From the shapeless amoeba devoid of organs and through the entire gamut of elemental animal forms on to the most complex species where the animal reaches the higher level of evolutionary progress and begins to show the signs of individuality. And when we come to the human levels, it is not possible to take exception to this melding process as we consider that there are still regions of the world where savages live to this day in a backward state of evolution scarcely different from that of the animals. They are still quite capable of snatching the food or the mate from a fellow creature, killing and perhaps eating the victim without the least sense of wrongdoing. These are breeds still touching on animal levels that have not reached the point where they can feel the cross-currents marking the advance of mankind. These aborigines apparently have not even attained the maturity that dawned on man after thousands of centuries when one day he realized that something strange had awakened in him. A new imperative that contradicted all his past history and made him aware of ideas that were new in his world of instinctive behavior: "Thou shalt not kill, thou shalt not steal. Thou shalt do unto others as thou would'st have them do unto you".

Thus we can see that at the lower end of the human scale our linkage with the higher mammalian forms as represented by domestic animals and particularly dogs, fuses perceptively. While at the other extreme humanity in its most evolved individuals must surely be pointing the way to the next level in Creation.

The questions then arise. What are the thresholds that humanity strives to tread? Where are the supermen showing the road to be followed? And in trying to answer these important questions, we find ourselves inevitably turning to those who have plowed deep furrows in the story of mankind. The archetypes that have clearly pointed the way – Confucius, Buddha, Mohammed . . . and above all, the one

who embraced humanity in the radiance of his aura and left a wake that we are still striving to fathom, to understand, and to follow: Christ.

As we pause to behold our progress we can see that we have come a long way, while peering into the future the path gets lost into the haze of time and the ladder seems infinite. But we should take heart in the thought that if man is the optimum product of nature on earth, it must follow that his existence is governed by a plan worthy of the Creative Intelligence that conceived and brought him through to his present stage. It would be senseless to image that a program of such magnitude could have been set up and brought with infinite deliberation to this point only to be thrown away in a barren and wasteful whim. No, indeed, a plan that could weave the complex drama of human evolution must include a final design so that each man, lord and master of his own craft, tempered by the hardships of his arduous climb and carrying in his baggage the hardwon lesson of struggle and conflict shall have a goal and a continuity in this plan drawn by the hand of the Creator.

The human aspiration to the worlds of the spirit and the hope for awareness beyond death is something that man has intuitively felt as a reality ever since he acquired consciousness of himself as an individual. Philosophers have always felt that such a survival is logical. From the theological point of view it has been the cornerstone of all religious beliefs. History, legend, literature, music and art have upheld this principle in all ages and civilizations.

What was it then, that brought on a wave of skepticism at the beginning of the last century and turned off this thirst in man? What was it that made it fashionable to ridicule all this and to silence the voices of intuition, of philosophy, and of religion? It was mainly the arrogance of scientific achievement and the vanity of science in the victories of its primitive laboratories of eighteenth century Europe.

Going back a little we come upon the story of Galileo.

It was early in the seventeenth century when the celebrated mathematician and physicist had already displayed genius in his painstaking observations. The results were then sensational for he had confirmed the theories of Copernicus. Aristotle and the Scriptures were in trouble and the concept of Earth as the center of the universe would be demolished if the man of Pisa was allowed to get away with his revolutionary statements. But there was still ecclesiastical authority to contend with. There stood the Tribunal of the Inquisition to take care of such heretical declarations, and as a result it was Galileo himself who was now in trouble. The whole episode ended with a terrified mathematician down on his knees recanting, for he had to retract his own discoveries in order to save his life.

It took all of two hundred years before the church grudgingly removed Galileo's books from its list of forbidden reading. By then, science following along other paths had also enthroned itself in a position of bigoted authority. It was then not with the Inquisition's terror of punishment but with equal severity that the courts of science would bring swiftly to his knees anyone who dared to proclaim intangible truths outside of the approved tenets held by the academic establishment. Now it was with Paris, London, and Vienna that innovators had to contend. We have seen how Pasteur and Koch bearing the standards of microbiology had been "stoned" and ridiculed by their colleagues; and not long before, Dr. William Harvey had also been scornfully rejected for his scientific heresy in putting forth the mad thesis that blood circulated within animal bodies.

In short, science, which had evidently taken important strides, had fallen into the great mistake which, alas, all of humanity is prone to make. Success had gone to its head and the climate in scientific circles was that of cocksure intolerance. It was now the reign of Positivism and under such a banner the scientific attitude tended to discard anything which could not be weighed, measured, or chemically analyzed.

From then on and through the following century, science began to win the acclamation of the world and was raised on an exaggerated pedestal of blinding prestige. It had obtained resounding triumphs with its test tubes and centrifugal apparatus. It had controlled some invasions of epidemics and increased the span of human life. It had managed to harness solar and aquatic energy, and its steam engines were the marvel of the times. Some were heard to say that there was nothing left for man to invent. In short, the world proud of its achievements along these lines had accepted scientific positivism and technology and kicked out of the door all conceptual thinking that might spring from what we now know as the Alpha levels.

The world had established the victories of material planes over any ideas that might appear as emanating from religion and faith. Any notions of the subjective world where the spiritual but intangible dreams of the human race were to be found, had become discredited.

Academic pride was epitomized by the statement that was made at that time by Auguste Comte, no doubt a brilliant man of science but his declarations smacked of the excessive pride that rides before a fall. His statement was not equivocal: There were only three roads in the search for human wisdom –

1. The religious, based on superstition, tradition and dogma.
2. Philosophic speculation, founded on analytic logic.
3. Scientific positivism based on direct observation.

And according to Comte the latter was the only valid road and the one that would eventually retire the concept of God to the very confines of the universal panorama there to bow it out courteously with thanks for having served humanity provisionally while growing out of its infancy.

There for a while science stood pat, airily dismissing anything that resembled "the human weakness in search of spiritual worlds". Perhaps science did not realize then that it

was already being swept along by a powerful current, by a mad whirl of discovery, by a dizzy series of achievements in the realm of matter . . . until it finally came to a halt, frozen in its tracks as it found itself standing before a terrifying scene: The Atomic Era! Here humanity and its cherished science stood still. It had unwittingly removed the cork from the fearful bottle and out of it had now risen a genie. We all knew then that we stood before a demon, the lethal gigantic mushroom that left little doubt as to what it represented: the extermination of the human race.

It is said that after the first successful blast was obtained at the experimental base of Alamogordo, New Mexico, the scientists and officials who had witnessed it did not show excessive jubilation. They shook hands silently as a mere gesture of mutual congratulations, but the atmosphere was solemn and worried. Later, when the awesome explosions over Hiroshima and Nagasaki were made in the name of "a swift end to a war," all the world began to realize the meaning of the infernal achievement. TIME magazine in editorial comment had a very apt phrase about the explosion which had opened a "bottomless wound" in the conscience of our race. Naturally it was the scientists who had discovered the monster who first understood the terrible meaning of the potential disaster that now threatened humanity. Some of these nuclear men now had second thoughts. Prof. Harold Urey withdrew temporarily from this work to write a book, "I am a Frightened Man". Dr. Robert Oppenheimer who had made brilliant contributions to the nuclear work refused to continue with further research aimed at destruction.

This brought on a congressional investigation. There is a record of the questioning that Oppenheimer had to face, and it contains parts which are impressive:

Q. "Is there any possible protection from the bomb?"
A. "Yes, there is one."
Q. "Please state it."
A. "Peace."

Peace however, was a hollow word which men had been using for a long time as a cover for their ambitions and for international manipulations, but in that solemn moment when Dr. Oppenheimer pronounced the word, there could be no doubt in anyone's mind as to its true meaning. There certainly was no double talk when the celebrated scientist spoke that short word as the one and only formula against atomic destruction.

The true PEACE which man now realized as the only salvation from the terrifying menace had only one meaning: fraternity, brotherhood, tolerance; in short, love for our fellowmen. And here we found that in the high ideals of Peace there dwelt a doctrine far removed from the principles of materialism and very close to the sentiments of the heart, for if man were to think sincerely in terms of peaceful coexistence he would have to look in another direction. The human race would now have to turn away from strict material considerations and seek in that other realm within ourselves, that world of spiritual values which science had so lightly dismissed as the tenuous gossamer of fools.

Some unavoidable conclusions then had to be faced, for, if man in order to save himself from the bottomless pit had to turn toward spiritual values, these must be essential. And if the "human ape" now had to resort to the elements of his psyche, this must be not only an important reality, but a clear indication that the evolution of mankind had entered territory where psychic value had become indispensable.

It now appeared that if we were to survive it became imperative to look elsewhere outside the Beta levels that our ancestors had seen as the exclusive dictum of wisdom. Searching desperately for peaceful coexistence we were now forced to turn our eyes to the subjective universe within us which is the one we have come to know as the Alpha plane, home of non-material yearnings and of spiritual aspi-

rations. And this was the world that science had tried to discard as a nursery prop!

It is at this point where judicious philosophies such as the ones offered in Mind Control may bring to the world the seeds of a renewal. But in order for these seeds to bloom and bear fruit which will come to rectify the sorrowful road the world has taken, they must be planted with a sincere desire for helping humanity to discover or rediscover the truths that were scattered by the Great Teacher upon the land, and which we have forgotten or perhaps have never understood properly.

Here we realize that although the courses developed by Jose Silva are not directed at specific religious objectives, there is no doubt that in their high idealism and in their doctrine of solving human problems for others, they perform humanitarian actions which reflect the deep-felt conviction of their creator.

In many parts of the world schools supported by the church have been cornerstones of the social structure but now we find that in the transformation the world has undergone in the last half century, they have been left behind. Contemporary youth is no longer satisfied by the preaching of a moral code which their elders themselves do not follow. While we extol the luminous example of Christ, his humility and self-denial, our religious ceremonies are princely and ostentatious. The church and its schools instruct well enough on many subject matters but when it comes to the religious teachings designed to hold the individual as a future parishioner a curious contradiction arises. Here youth taught to use reason and logic as the tools of education, now finds that it is requested to renounce these methods and surrender its mind to become a prisoner of dogma and tradition.

However, the official posture of the church, frozen in tradition has not prevented its representatives from perceiving in their individual consciousness the existing unrest around

them. These are men who mix shoulder to shoulder with their disoriented flocks witnessing and even sharing their thirst. This must explain why in Mind Control we find so many priests, pastors, and rabbis taking the course. They are unanimous in reporting that this movement and its methodology far from conflicting with their religious fundamentals, brings a scientific endorsement and a valid complement to their teachings. It would seem that the moral and spiritual principles left by the patriarchs hidden in veils of mystery and parable are now thrown into clarity by the light of values we have come to recognize as originating in the world of the Alpha planes, and these are yearnings as old and as new as humanity itself.

10

HUMAN THOUGHT AND UNIVERSAL LAWS

By exercising analysis and thoughtful research, men have found confirmation for many of the laws that govern the flow of life. Among these forces there is abundant evidence in the objective as well as in the subjective planes of what is known as the Law of Affinity – like attracts like – by which elements that are similar are drawn together. This is a potent force and has a most important bearing in the world of the mind.

Here it must be emphasized again that all physical expressions are without exception forces appearing first in the world of thought, and then after due process, manifested in material forms. There is nothing in our surroundings that did not exist first as a mental creation. Again we must reflect that anything in the realm of nature such as a flower, a stone, a bird, or a man, are creations of the Universal Mind, or Creator. And when it is a man-made object, from the most primitive implement to the largest building on earth, these are the products of human thought. These are objects that had to exist first in the world of the imagination. Sometimes

they are superimposed thoughts such as a modern automobile in which the ingenuity of many men is constantly adding improvements. But invariably, all the actions and all the works of man are born in the subjective regions of mental creation.

It then becomes basic to understand that thought represents the world of Cause and matter the world of Effect. What is a concept more fundamental is the following: *Mind is the force that crystalizes energy into matter.*

Elsewhere we have seen how experimental parapsychology has demonstrated in laboratory work that thought can produce alterations in matter or its behavior, and how mental currents may favor growth in a seed of the vegetable kingdom But the most direct evidence of mind affecting matter reflects directly on the individual nourishing the thought. When a person experiences an impression of panic, immediate reactions are observable. He may pale, break into a sweat, shake like a leaf, and increase his heart rate. All these are physical effects caused by emotional alterations aroused in the levels of the mind. Danger may not be actually present, but if the subject entertains it in his mind as an image, that is enough for the material effects to be produced.

We then come to a point where we must become closely concerned with the effect our thoughts may cause and these reactions are twofold. First come the consequences that will be produced directly upon ourselves. Then come the effects that our thoughts will cause on others in awakening the corresponding resonance and affinities.

This is a subject of prime importance and has bearing on the entire course of our life and of those around us; for the activity of our mind is constantly arousing direct or indirect reactions in our environment. It then becomes self-evident that optimistic thought brings on effects that are favorable and positive, while pessimistic attitudes breed negation and promote destructive currents. Negative thoughts such as

those produced by fear, hate, envy, anger, deceit, are the cause of disastrous results upon us. When such manner of thinking becomes habitual, it forms chronic states of mind that cause harmful effects much like those of poison being constantly distilled into the individual and causing illness or reducing drastically the life span.

Fear, which is one of our greatest enemies, turns out to be the trunk from which numerous ramifications spring. It is rooted fundamentally in a lack of faith and should be branded as the great venom afflicting the human race. Some of the symptoms are worry and anxiety and it has been demonstrated medically that the constant tension in its victims brings propensity to many hepatic and circulatory ailments as well as serious alteration of the nervous system.

On the other side of the ledger we find a magical word: FAITH. Faith is another name for courage and it is the antidote we must keep at hand for the poisons of fear. To fear is a natural human reaction in the face of danger. To be aware of it is normal. But once the threats have been duly appraised, fear must be banished and never permitted to attach itself as a habitual guest of the mind. This would be a fatal mistake; not only for the lethal infiltration it causes, but for the affinities it attracts upon the victim drawing similar forces and provoking effects of all that resembles it. There is great truth in the belief that "what we fear we bring on." It becomes obvious that if a mind does not limit itself to taking stock of a threat but goes on to insistent visualization of the feared results it is actually feeding the image, lending it the forces of reality and favoring its outcome. These are the fundamentals that are wisely applied in the opposite direction in Mind Control techniques and thus constructive results are forthcoming.

This is why the optimist is on the intelligent road. Somehow he has grasped the good sense of this course and by following it with affirmations of trust in the future, picturing positive situations and nourishing his confidence in the

belief of a God whose goodness and providence will come through for him, that is exactly what he is attracting to his life. Such a man forms around him and those that surround him, an atmosphere of well-being and success in all his enterprises.

Fostering sentiments of resentment, envy and hate is corrosive to a point that many ailments cannot be cured while the unwitting victim insists on harboring them. Doctors have come to a wide recognition that a great deal of the trouble with their patients is grounded in their emotional life. This is generating the belief that future medicine will have to rely heavily on psychiatric aspects.

It has become a matter of prime concern to understand the serious mistake one can make in nursing the wrong thoughts, for they are clearly the cause of much suffering that could easily be avoided. Glandular behaviour is perhaps the first response to emotional conditions and all the rest of the autonomous mechanisms follow along in disordered functioning. But there is naturally a great and consoling conclusion. If there are states of mind that can cause illness there must be states of mind that can heal and these are the ones we should learn to cultivate. Ancient Rome had gleaned this wisdom in its dictum, "mens sana in corpore sano" which we can freely interpret as "health in the mind brings health in the body."

There is another phase related to the laws of affinity in its reciprocity with other minds. All of us are antennae, some more sensitive than others, and negative thoughts sent towards people one detests may harm them but these vibrations awaken equally negative currents that fortify the ones sent to them and like radar signals they bounce back upon the sender and return charged with their original malevolence enhanced by the one they have stirred in the other person. It is then highly advisable not to permit our thoughts to partake in these exchanges of ill-will. Keeping our thoughts away from such currents and refusing these frequencies in

the bands of our transmitter, we will do well to resolve that they do not exist in our equipment and that our antennae can neither send nor receive on such wavelengths.

Through this policy we are placing ourselves safe from the harm that anyone might mentalize against us. We will have the cover of a shield that makes us invulnerable, for in keeping our thoughts pure in our intent towards others we become like the White Knight of the legends against whom dragons and sorcerers were powerless. We will be truly untouchable for the very ignorance of those who attempt manipulation of mental powers for inflicting harm, blinds them to the fact that an evil wish eventually lashes back at the sender. They are oblivious to the understanding that they are completely impotent against those who were once quaintly referred to as "the pure in heart" for what this term really means is those with a healthy mind that will not shelter negative thoughts. Such a mind can never be a target for this kind of poisonous darts.

This shows again the law of affinity operating in the realm of thought; it means that the evil wishes, failing to find similarities in the mind of the intended victim, will simply pass by and, wasting their force, will fall back upon the one who sent them.

Such considerations come to remind us that goodness, like honesty, is not just a sentimental ideal but in fact IS THE BEST POLICY. If we return a damning thought with a similar wish, all we are doing is adding more fuel to the fire, giving more impetus to the mutual current, and harming ourselves by retaliating and wishing evil upon a fellow man. This is a suicidal procedure and there is only one way to break the circuit: *by stemming the flow with the opposite polarity.*

The instinct to fight back may be strong, but it is a mistake. The one and only solution is to repay offense with forgiveness. All over the world the Lord's Prayer is repeated, but

we seldom stop to ponder what is meant by ". . . forgive our sins as we forgive those who sin against us" and many of us have never tried to fathom what the Great Teacher meant when he spoke of "turning the other cheek". A beautiful phrase attributed to Buddha also comes to mind: "Be like the sandalwood tree that leaves perfume upon the axe that wounds it."

All this should make it clear that the power of thought properly handled and fully conscious of its magnetic capacities may become a formidable tool with which to create a healthy and happy life. Let us place our thoughts within the stream of positive currents and simply by the universal attraction that draws to each other all that is similar, we will be carried along to meet the corresponding results.

These thinking habits actually do not require a great effort of the will. It may be as easy as closing a valve and opening another while irrigating a field. All that is necessary is to be alert in the handling of these valves at every opportunity so that the undesirable thoughts will be quickly intercepted and substituted by the stream of healthy ones. If we catch ourselves thinking with resentment, we must stop at once this trend of thought and send love, or at least good will, toward the person or the situation that irritates us. If the mind is discovered dwelling on the subject of ailments, let us correct this at once and turn to images of health and vigor. When we start worrying about failure or defeat, it is time to unmask the cause and realize that these worries are merely the symptoms of fear, and then we must immediately call upon the forces of faith and trust in Providence. Persistence along these lines and watchfulness will soon create the desired results making it a habit; so that without conscious effort we will find ourselves chasing away all thoughts of negation and replacing them with optimistic and hopeful attitudes for every situation in life.

It would be difficult to overstate the importance of this great force called the Power of Thought, since it is there in

the kingdom of the mind where reality lies and where the causes are wrought. The other world, the world of matter, the world we see, touch and hear is merely *the result.* Some sage has wisely observed that it is not foolish to build castles in the air since all existing castles were first built in the air – imagined. And this is how we can all construct our own happiness merely by daring to form in the world of thought happy images which, if they are licit and within the birth-rights of man, will not fail to become tangible realities through normal effort in the material plane. But one thing is certain; if we only build shabby huts in our minds, only shabby huts will be our lot in the world.

Aside from the forces of affinity that we must take into account for learning to control the mind, there is another important current of which one should be fully conscious. This is the Law of Universal Progress manifest in everything and which is observable not only at human levels but also in the lower kingdoms showing the trend that governs evolution of the species.

Focusing speculation on human affairs, when we try to comfort someone in adversity we often say "Never mind, everything is for the best". With this we are in effect trying to say that though a serious setback may have appeared, this ill wind is only one of the ups and downs of existence. Somehow we are implying that this is only a turn of the road but that the road itself can only have one final destination which is for the better. Perhaps we say this unwittingly but the wisdom is there. It means to say that in spite of grief, the law is operating in the spiritual growth, progress and understanding of the afflicted person.

Recognition of this law is implicit in all the Mind Control principles; for in addressing our intent towards disposing of a human problem, what is it that we do in a favorable visualization? What we are doing fundamentally is making an attempt at removing impediments that obstruct the proper

flow of the current that tends to proceed steadily and continuously toward solution and progress in human affairs.

Mind Control and any ideology that postulates optimistic philosophies and positive thought as predominant forces is aiming to guide its followers towards merging with the great stream of progress that pervades the universe. "The Mirror of the Mind" in Mind Control, one of the most popular formulas contained in the course, does nothing more than to place events squarely in the path of the stream. In this formula we aver that merely by changing the frame of the mirror from blue (negative) to white (positive), results are on the way. The effectiveness of this mechanism is logical because it works by helping to destroy the obstacles and this is symbolized in the removal of the blue frame, while restoration of the normal flow is attained in picturing the solution framed within a positive symbol. In this manner a sensible and simple mental maneuver takes advantage of a lawful current and entrusts to it the happy outcome.

To construct one of the great temples built by man, it has often taken years of toil, ingenuity and sacrifice. To destroy it would only require a small package of modern explosives and one blinding second. If it is so difficult to construct and so easy to destroy, why haven't the forces of destruction predominated? Jose Silva is apt to remark that if negative forces had the same advantages as positive forces have, the world would have been destroyed long ago. In our interpretation this is a way of saying that destruction is not a lawful phenomenon while construction is. This is what we are talking about.

Since it is natural for man to want what is favorable, what then is the important discovery in the Mind Control methodology? Obviously, not simply to urge that we seek what is good for us. That much we should know. Yet man has not gained or retained the know-how for methods that lead in that direction. In this system the procedure is quite definite and can be stated very plainly. PICTURING THE

DESIRED SITUATION WITH CLARITY, RELAXATION, AND BELIEF.

The rest are important but complementary recommendations: 1. The wish must be "good". 2. The picture should contain end results, not "hows" and "ifs". 3. Strained effort must be avoided. 4. Expectancy and a burning desire must be present. These and many more directions form the detailed instructions contained in the course and the student graduates fully equipped with a set of tried and true keys. Much depends on him thereafter for intelligent and legitimate utilization of these tools.

Although moral values are clear in the conscience of each man, let us remember that any knowledge that enhances powers in us must bring with it a heightened sense of responsibility. It would not be amiss for a student graduating from a Mind Control course, elated with a sense of new strength acquired, to pause for a little introspection and question himself: Just what is good and bad? Have I a clearly defined stand on the point of Higher Intelligence? Is there any rhyme and reason for my moral behavior in a lifetime?

Thornton Wilder, in his fascinating novel "*The Bridge of San Luis Rey*", explores the enigma of human destiny. In one of the opening paragraphs he observes; that some people believe that we are to the gods like the flies the boys kill on a summer day. Others believe on the contrary, that the very sparrows do not lose a feather that has not been brushed away by the finger of God.

Either we are born and die under a plan and a code, or we are born and die by chance. The alternative is unyielding. But it is quite evident that not even Auguste Comte with his statements of uncompromising positivism, could have believed at heart that the universe and man forming part of the infinitely tiny grain of dust we call Earth, could all be the idle props of a titanic chance. Everything around us reveals

creativity and the hand of a Creator. By one road or another in all paths of awareness, humanity comes face to face with the grand design. Both the microscope and the telescope give us astounding glimpses of the supreme Intelligence that rules, from the world of the atom to the great temples of stars and nebulae in space.

It has been said that after thoughtful observation of the infinite harmony in the universal scale of creation, to attribute all this to chance, would be comparable to the expectation of throwing the contents of a type-setter's box into the air to find that upon falling to the floor the letters had arranged themselves – by chance – to form a lovely poem!

In his book *Origen y Destino del Hombre* the author, Camilo Heller, presents an eloquent statement on this fundamental point:

> The question of God stands out over and above the problems of life and destiny. If we study the laws of nature, if we pursue the ideals of beauty by which all the arts are inspired; always, everywhere, and beyond all else, we encounter the idea of a Superior Being, necessary and perfect, the eternal source of good, beauty, and truth, in whom Law, Justice, and Supreme Reason are fused.
>
> The physical and moral worlds are governed by laws and these laws show a profound knowledge of the things they govern. They do not proceed from a blind cause. Chaos and chance could never produce order and harmony.
>
> As for shirking the study of the prime cause as something useless or unknowable as seen in the positivist school, we must ask if it is really possible for a serious mind to remain indifferent to the laws that govern the conditions of its existence. To investigate God is an imperative; for He is none other than the Great Soul, the principle of life that animates the universe and is

reflected in each one of us. All else is secondary to the origin of things. The idea of God is inseparable from the idea of law, especially the moral law, and no entity can live or evolve without recognizing this law. The belief in a superior ideal of justice strengthens man and encourages him in the midst of all his strife. It is the consolation and hope for those who suffer, the refuge of the afflicted which spreads like the soft light of dawn upon the soul of the unfortunate. The existence of God cannot be demonstrated with direct and tangible proofs. God is not within the realm of the senses. Divinity is hidden behind a veil of mystery perhaps in order to make us search, which is surely the noblest and most rewarding task within the privilege of thought. Perhaps also in order to grant us the fulfillment of its discovery. But there exists in us an inner force, an unswerving intuition that carries us toward it and affirms its existence with greater certainty than all the analyses and demonstrations.

In all periods of history the human spirit has sought to identify itself with what is basic, permanent and immutable in the universe; it has understood the existence of an absolute and perfect Being in whom all intellectual and moral potentials are gathered. It has found all this in the concept of God and nothing outside of Him can give us that certainty, that trust in the future, without which we would drift at the mercy of all the winds of doubt and passion.

No doubt all the religions of the past have made misguided use of the idea of God. Chimerical gods were created by imperfect reason in the infancy of mankind. Modern thought has withdrawn from these aged concepts and left behind these fantasies and the abuses committed in their name. Mature thought has now turned strongly toward eternal Reason, toward God, soul of the world, universal center of life and love, in whom we feel alive and through whom we are united to all that exists, has existed and will exist. The idea of God that religion has

bequeathed rests on supernatural revelation. We still admit that a revelation of higher law is possible but it must be rational and clear. It must be acceptable to our thinking through logic and through the evidence of the world that surrounds us. It is written in two books that are always open to our eyes, the Book of the Universe where the divine works appear in magnificent characters, and the Book of Conscience where the precepts of moral law are clearly engraved.

It is thus that philosophic thought contemplates with fervid reverence the question of creation and the Creator, and it is extremely interesting to follow the trail of scientific reasoning as it proceeds along a different route and comes to an extraordinary convergence with the theological school of thought.

Robert A. Millikan the celebrated Nobel Prize physicist has expressed his admiration for *Human Destiny* written by Lecomte du Noüy.* This is a modern analytical work that expounds the scientific point of view and leads unerringly to the junction of science and philosophy on this point. Following brilliant and strictly logical reasoning, some of its statements provide powerful reinforcement and throw light on the subject of creation. Here is a portion of its summary and the telefinalist hypothesis put forth by the author:

Before proceeding to develop some of the practical conclusions which are the logical consequence of the ideas expounded in this book, it may be advisable to recapitulate briefly the basic points of the hypothesis which constitutes its backbone.

First of all, we observe, the reality of five fundamental undeniable facts: The beginning of life, represented by extremely simple organized beings; the evolution of life toward more and more complex forms; the actual result of this long process, namely, man and the human brain; the birth of thought, and of moral and spiritual

* Published by David McKay Company, Inc.

ideas; the spontaneous and independent development of these ideas in different parts of the terrestrial globe.

None of these facts can be explained scientifically as yet. A hypothesis, is therefore, indispensable if we seek to establish a reasonable sequence between them, and the telefinalist theory of evolution makes such a correlation possible. It sets down the principle that the scientific laws established by man for matter, so far as they are coherent, correspond (we do not say "express") to an objective reality, and that any mathematical impossibility must be taken into consideration if the whole of our science is not to be discredited. It is based on the impossibility of attributing the birth of life, its evolution and the manifestations of cerebral activity to the simple play of chance.

It states that the natural evolution of living beings is one of the least questionable and best demonstrated facts in science, even though many of its mechanisms still escape us. It observes that it is hardly probable that this progressive process which has lasted for more than twelve hundred million years should be suddenly interrupted by the appearance of man and his abstract thought, and it shows that the stem from which man has sprouted is the only one that has never ceased to evolve, the other strains having only undergone transformations and adaptations. Now, the greatest transformation observed in humanity since the Neanderthal man is undoubtedly that of the brain. It is therefore logical to assume that evolution will henceforth progress by means of the organ which alone enabled man to survive and to dominate his universe including all other animals. This is equivalent to admitting that, henceforth, evolution develops on a different plane, a plane no longer physical but psychological, as every improvement, every new structural complication of the brain manifests itself, on our scale of observation, by psychological phenomena. And psychological evolution is expressed mainly by the improvement of abstract, moral, and spiritual ideas.

But the evolution of human beings, as a whole, is in absolute contradiction to the science of inert matter. It is in disagreement with the second principle of thermo-dynamics, the keystone of our science, based on the law of chance. The reason and even the fact of evolution are, therefore, not of the realm of our present science. No scientist on earth can deny this. To account for what has taken place since the appearance of life, we are obliged to call in an "anti-chance" which orients this immense series of phenomena in a progressive, highly "improbable" direction (incompatible with chance), resulting in the human brain. This amounts to the recognition of the existence of a goal, of an end, for, in at least one strain, the same orientation is always observed, on an average, and over an extremely long period. Therefore, everything has taken place as if, ever since the birth of the original cell, Man had been willed; not as a superior animal capable of speaking and of using his hands, but as the support of the brain, the organ of conscience and intelligence, the seat of human dignity, and the tool of further evolution. Man, with his present brain, does not represent the end of evolution, but only an intermediary stage between the past, heavily weighed down with memories of the beast, and the future, rich in higher promises. Such is human destiny.

This Will manifests itself, therefore, through evolution, and its goal is the realization of a morally perfect being, completely liberated from human passions – egotism, greed, lust for power – hereditary chains, and physiological bondage. This does not mean the definite severing of the ties between the flesh and the spirit, which would not make sense, as we cannot conceive the latter independently of the first in the case of man, but simply the escape from the domination of the flesh.

Consequently, anything which opposes this evolution in the moral and spiritual realm, anything which tends to bring about a regression toward the animal, to replace

man under the dictation of the body, is contrary to the directing Will and represents absolute Evil. On the contrary, anything which tends to deepen the chasm between man and beast, anything which tends to make man evolve spiritually, is Good.

Like two pieces of a jig-saw puzzle these quotations fit and complement each other neatly. Philosophy recognizes with impressive certainty the existence of the Creator, and scientific logic deduces with unswerving directness the trajectory of mankind upon earth under a plan, a will, and a proper line of conduct.

11

NEW PHASE IN HUMAN EVOLUTION

MIND CONTROL AND THE STARS

One of the notable functions for which the student trains in Mind Control courses is that of projecting the mind into matter as represented by the life forms sharing evolution with us on this planet. Displacing himself beyond the restraining boundaries of physical limitations has ever been a dream of man. In all the training we have been discussing, a beginning is made by making the mind travel to known places where the environment is familiar and can be reconstructed from the neuronic files as well as by dipping into the subconscious records. The student is guided in this manner on an experience that is easily attainable. Later he learns to project his mind and develop the perception of the subjective senses in all the realms of nature.

While moving about in these projections it is fascinating to attest the possibility of penetrating first into the molecular structure of the mineral kingdom, and later, while approaching the levels of our own anatomical building, finding this exercise progressively improving.

Projection into the mineral world is done with different metals and the contrasting experiences provide exciting comparisons for the subjective senses. One can readily understand that psychic impressions within a piece of copper should be very different from those perceived in stainless steel or in a hunk of lead.

After that, entering the vegetable kingdom and later the anatomy of an animal, one develops greater identification with more evolved stages of life. When finally at the end of the course, the mind is projected into the anatomy of another human being, it is discovered that unsuspected faculties have developed. The entire curriculum has been judiciously planned so that the student acquires imperceptibly the capacity for receiving intuitive information that is not channelled through his physical senses. This explains why at the end of the course the classroom is pervaded with an atmosphere of wonderment when in the final test each student achieves proof of his ability to perceive direct impressions concerning abnormal conditions, deformities, or malfunctions in the organs of another human being – someone he has never seen!

In physics and chemistry it is well known that all matter on earth is formed out of a handful of basic elements, one hundred and three, to be exact. The combinations this can create are infinite and though the profusion of life forms that appear in nature can hardly explain in a material sense the intangible elements that strive for redemption in their evolution, yet, each one is subject to the Law of Progression. Every wave of the tide is animated with the breath of life and pushes towards the beach-head where man already stands holding the prize of mental attainment.

When we speak of the kingdoms striving for transformation in waves that seek to follow the tracks of man, we intend to say that our species has already reached that stage in which the continuity of our evolutionary process is now revealed in another light. We no longer struggle for physical adaptation,

We have entered another phase: mutation of a psychological order.

It is always fascinating to witness a metamorphosis and it should render us dumfounded and reverent to realize that we are protagonists as well as spectators of an astounding transition in which two opposing forces are pitted so that out of the encounter a new humanity will arise. We are now living the moment in which man wages the battle for liberation from the slavery of matter and stirs to try his wings on the subjective planes. In this silent strife Jose Silva, an instrument of higher forces, has brought to the battlefield an important contribution: the illumination contained in the concepts and disciplines of Mind Control.

Among all the known forms that have appeared on earth the human species is the only one that has gained a foothold on these shores. Now we have come to the awareness of a liberty for making constantly a choice; to follow primitive instincts and obtain material satisfactions or to curb this pull and strive for goals of greater spiritual evolution. This requires sacrifice in renouncing selfish material gratifications but can lead to subjective satisfactions that are deeply rewarding. The slavery of purely animal instincts is something that humanity has left behind and in the aspiration towards higher planes man confirms the step that has led him to become differentiated from the animal kingdom. It is in this divergence where human dignity arises and man struggles against the animal forces. He senses that in surrendering to them he abdicates the freedom gained through millions of years of transformation, while in yearning for the rarified levels of the moral ideals he marches towards his true destiny. This is why we honor the memory of those who have shown the way. This is why we hallow their names when in upholding spiritual principles they have preferred to sacrifice their lives.

All the tendencies in human progress point towards something beyond the physical. In the subjective universe

that we learn to enter through the Silva method we find paths that encourage our interest towards a world which is not material. We are led to deal with attributes that have little to do with the physical plane. These are elements of another nature: intelligence, reason, judgement, will, self-awareness, aspirations, ideals . . . and all this has little to do with the fibers of our muscles or the fluids in our veins.

This subjective activity takes place mostly in Mind Control in the world of Alpha and we look upon it as that source of a particular type of energy that lends equilibrium to the Beta world. From the balanced blending of these two planes emerges a tri-dimensional effect which may well be termed a "New Dimension in Human Thought". This is the issue that is forcefully defining itself as the next step of human evolution.

The stereoscopic effect in eyesight is caused by the mechanism whereby our eyes viewing from slightly separated angles obtain two different images which in blending cause the perception of depth known as 3-D. We might say a similar principle appears in the contribution that Mind Control has made to mental concepts, for Alpha supplies a different point of view which in fusing with the Beta perspective produces a third dimension of the mind, complete and balanced.

While speaking of balance, in another sense there is an important proviso that should be kept in mind. In any school of thought, in any doctrine or belief, fanaticism is a danger which becomes greater when the attainments are impressive. This is the case in Mind Control, for as the results obtained by graduates fall in the order of the extraordinary, some mentalities may tend to over-zealous interpretation of the Alpha intuitions.

If an individual dazzled by the vision developed in Alpha attempted to govern his life entirely by this compass, such action would constitute a sad lack of discernment. One should never renounce the correct proportion that comes

into focus when Alpha perceptions are matched against a sensible Beta deliberation. Nor should one overlook that subjective observation is merely an angle that will provide a balanced view when blended with the Beta perspective.

Just as our civilization has made a serious mistake in delivering itself entirely to the material set of values that has brought about the critical situation it faces at present, it would be equally misguided to pursue the mirage that Alpha is the only star to be followed.

The Mind Control movement may contribute to salvation because it supports a great cause which is that of helping humanity to right the ship that has lost its balance and leans precariously to one side. To exaggerate this correction to a point of causing a list to the other side would be a fatal mistake that would nullify all the shining hopes in this discipline. The thing to do is evidently to dive into the magical depths of the Alpha levels for the pearls of intuition, bring them to the surface and evaluate them under the sharp light of common sense and application to the material aspects of everyday life.

Any movement that tends to advance the interest of its followers towards ideals of assistance to fellow-men and the solution of human problems is clearly oriented in the direction of moral aspirations. Any philosophy that recognizes the imperative need for humanity to turn its attention away from the obsession of material goals and to take into account the luminous horizons of spiritual levels, is surely pointing in the direction of our future evolution. We then feel that the methods and beliefs that are here represented can only mean another step toward our immediate destiny – the Second Phase of Human Evolution on this Planet. But the ideas in the minds that have created this movement seem to go beyond this. Moreover, they have caught the intuition that all this may have a continuity in galactic dimensions; for in the development of neural chains for which the student trains, seeds are planted which are apparently intended for

future growth in more cosmic proportions. Perhaps this explains why the student programs himself throughout the course with the following:

"I am now learning to develop my faculties and my senses, and to project my intelligence to any one point or place on any planet within the Solar System, any solar system within the Galaxy, any galaxy within the Universe, and to be aware of any actions taking place if this is necessary and beneficial for humanity."

Much debate arises these days as to the speculation that other worlds may be inhabited. The skeptics who deny this possibility are guilty of sheltering the myopic attitudes that prevailed before Copernicus when it was commonly held that our world was the centre of the Universe. These mentalities point out that it is very significant that no traces of life have been found in the moon, and furthermore that the probes sent by Russians and Americans have not so far uncovered traces of life in their first approaches to our neighboring planets. This position seems to forget that even if the entire Solar System were found lifeless it would have very little meaning in support of their denial.

Astronomers who spend a lifetime observing the magnificence of the skies have a reverent wonder at the infinite panorama that unfolds before their telescopes. It would be difficult to find an atheist among them. Rather, it should be more understandable that many, such as Camille Flammarion, find themselves relentlessly led to evident religious conclusions. The most elementary contemplation of this greatness renders one speechless. Our world is not even a grain of sand in this immensity. We are merely satellites to a minor grain of sand; for the sun with its circling planets is no more than a third-rate star spinning near the outer rim of this gigantic pinwheel we call the Milky Way which is our galaxy.

This galaxy houses in its immensity no less than one billion stars like our own sun, and many of them are much

larger. In turn our galaxy viewed from a distance is a nebula of stellar dust spinning majestically through space like many galaxies that have been photographed by telescopes. But beyond, in outer space, astronomers are constantly discovering more and more of the billions of galaxies that more powerful telescopes reveal and as far as one dares to conceive all this extends into the realm of the eternal. According to Sir James Jeens: "attempting to count the stars in the heavens would be like trying to count the grains of sand in all the beaches of the world."

And still from this little speck of microscopic dust a daring little entity, man, reaches out and manages to tread upon the surface of other spatial bodies. However, these explorations, astronomic in their goals and astronomic in their budgets are already facing serious limitation as they approach the complexities of the Time-Space Continuum. It does not take an expert to understand that we are confronting forbidding proportions. It is obvious that the great speeds reached by the Apollos when they race home aided by earthly gravitational pull are puny velocities in these ambitious dreams. What is a speed of 25,000 miles per hour when light travelling at the rate of twelve million miles per minute would require close to four and a half years to reach the nearest star in our galaxy?

Not long ago these notions would have seemed matters for science fiction and might have called for a parental reprimand for wasting time in such speculations. Nowadays children born to these events look upon our wonder with some impatience as though to say "What is all the fuss about? We see no great feat in all this". Not long ago we heard a remark coming from one of these young earthlings that gave us food for thought. Listening on television to the gushing comments on a voyage to the moon, the little one asked "Grandpa, why do they take so long to reach the moon? Every time I look at it I am there right away." The question perhaps is not so childish for when one remembers the problems of space-time we are already facing, it would

appear that the only speed that will permit crossing the immensity of space will be that of mental projection.

For our part, feeling somewhat shocked at the fantastic sums spent on space travel, the question that comes to the fore is "How can humanity spend these enormous budgets in the exploration of outer space while we assign only meagre resources for charting the inner worlds of the mind?." Far be it from us to assume the type of criticism that frowned upon Columbus in search of new lands. Still the point should be considered: Can it advance the quest of human well-being to set foot upon the soil of other planets? Isn't it infinitely more important to find within ourselves the elements that may first lead us to physical and spiritual welfare? But the man who conceived Mind Control seems to have the answer. His doctrines teach projection of the mind not only towards the earthly problems of mankind. The student is given foundations for training that imply the possibility of mental exploration without limit – the hope that one day he may penetrate the mists of infinity. All that is requested for exploring into the realms of the microcosm and the macrocosm is that a single and rigid condition be respected: PROVIDED THAT THE OBJECTIVE IS LEGITIMATE. PROVIDED THAT THE ACTION IS NECESSARY AND BENEFICIAL FOR HELPING OTHERS.

THE MAJOR CONCEPTS OF MIND CONTROL

By Jose Silva

When the law of relativity is applied to mind and its concepts of values, concepts of values change in direct proportion to the acquisition of greater knowledge. What was our concept yesterday? What is it today? What will it be tomorrow? Our present concept of the Human Mind due to the acquisition of additional knowledge (accumulation of understandable information) is, "That the Human Mind is a sensing faculty of Human Intelligence," such as sight is the sensing faculty of the eye and hearing is of the ear. These faculties of the eyes and ears are the true sensing means of the brain. Present knowledge indicates that the sensing faculty of human intelligence is a "Master Sense" that senses information stored on brain cells, information stored by other senses. The Master Sense functions as a transmitter or receiver, it's a faculty that is adjustable by resonant, directed desires. It can impress (influence) and/or detect (sense) information on cell life, plant, animal or human, in the environment or at a distance. It is to human intelligence what the periscope is to the submarine. Human intelligence can, through a desire, tune its Master Sense to any portion of the brain and can become

aware of information stored there. The brain is like a filing cabinet; information has been stored in it since man first set foot on this planet and was functioning at a primitive level of animal life. This information has been passed on from father to son in many ways, including the genetic means of transmission.

Knowing that our brain is serving as a filing cabinet, we should study our brain. One of the ways that scientists study the brain is electronically, by measuring its electrical output pulsations. When we are awake, the electrical pulsations of the brain are the highest, over 14 pulsations per second. When we are deep asleep, in deep slumber, the pulsations are slowest around .5 to 3.5 pulsations per second. Then there are the pulsations that take place between those extremes. These pulsations (rhythmic frequency of neurons firing) have been named by brain wave researchers, the lowest being "Delta," the highest, "Beta," and the frequencies in between, "Theta" and "Alpha." The Alpha frequency is lower and just below and next to the Beta. The part of the brain (file) whose predominant electrical output is Beta, has attached to it the so-called 5 senses (physical-objective) "Touch, Taste, Smell, Hearing and Seeing." The Beta file is then considered to be divided into many subdivisions. Apparently all information that our physical senses have contacted is filed in some sub-compartment within Beta.

Information is filed on Beta files by the physical senses when a sense is stimulated by some pulsating energy; that energy pulsating at a certain rate is fed into the Beta part of the brain and mixes with the brain energy that is pulsating at a Beta frequency. We then need to consider the combined effect of the energy of two different frequencies: the Beta frequency and the frequency of the stimulus. The heterodyned (mixed) effect is the Beta frequency altered (modulated) at the rate of the stimulus frequency. Information impressed with strong stimulation at the time the Mind is sensing in a self-controlled way and the brain is receiving can be easily recalled. To recall (remember) simply tune the Master Sense

(the Mind) to the stimulation frequency and the brain will fire in the same pattern as when the impression was made.

The receptive frequency of the brain when receiving outside objective stimulation is very important. When this frequency is non-synchronized and weak, impressions from outside are less effective. When this frequency is synchronized and strong, the impressions are very effective and recall is enhanced. Once information has been strongly impressed through the physical senses (Beta senses) on the Beta part of the brain (on Beta neurons) we can recall this information (re-trigger the firing of neurons chain-like in their established neural pathways) by tuning our vibrating Master Sense (the Mind) to resonate to the particular frequency of the objective stimulation that impressed the original information. A desire to remember projects our Master Sense (the Mind) back to tune to a past impression and fires the Beta neurons in a chain-like manner, firing in the same way they had fired when originally triggered by the external stimulation. This process is what we know as recall.

A human can learn to project his Master Sense (the Mind) to the Alpha-producing part of his brain and function from that perspective with awareness. The Alpha-producing part of brain is a dimension within itself, apparently a dimension which had been neglected in man's evolution. The Alpha dimension has a complete set of sensing faculties like the Beta. At Beta the objective stimuli find their way into the Beta neurons and the Master Sense senses this information subjectively. At Alpha subjective stimuli find their way into Alpha neurons and the Master Sense being subjective, senses this information directly. A copy of all information reaching Beta neurons is transfered and impressed at the Alpha dimension on the Alpha-producing part of the brain, on Alpha neurons. The Beta senses that detect and impress information on the Beta part of brain are called objective senses. The Alpha senses that detect and impress information on the Alpha part of the brain are called subjective senses. Using the objective senses to communicate and learn, will be

considered as objective communication and objective education. Using the subjective for the same purpose will be subjective communication and subjective education. Since we were not using the Alpha dimension with awareness, we now need to educate man to function at this dimension, to guide, direct and orient his Psyche (Mind). This is the new science of Psychorientology (Psyche-Orientation), the study of orienting Mind at the subjective world of the Mind dimension. This is known as Subjective Education and is what Mind Control is all about. One of the most important discoveries resulting from the research in Psychorientology is subjective communication, the ability of one Mind (the Master Sense) to detect information impressed on another brain at a distance. This type of detection of information from a brain at a distance is taking place at the Alpha dimension, and this is our concept of Subjective Communication. Once a person learns to enter the Alpha dimension he then needs to learn to function proficiently at Alpha as he has learned to do at Beta.

Man can project his Mind (his Master Sense) to his Beta region of Brain with the intention of getting information that was previously impressed. He must have some idea of what he is looking for; if so, he causes his Mind to function as a transmitter, transmitting a frequency that is identical to the frequency of one of the factors of the impressed information. When the frequency of Mind becomes resonant to that factor, this triggers the firing of that particular chain of neurons causing a playback of that chain of impressions. We then have recall by what is usually known as association. It is easier for the Mind to lock on to stronger impressions than to weaker ones. Information is strongly impressed on brain cells when the information is relative to survival; this information can be tuned to with little effort. Now that we know how to project our Mind to the Alpha region of that brain, we find that at this dimension we also have the means to detect information impressed on the Alpha region of the brain, on Alpha neurons. We find that when the Beta senses (Physical senses) detect and impress information on the Beta region of the brain on Beta neurons, this information is at

the same time being automatically impressed on the Alpha region of the brain on Alpha neurons. It appears that the Physical senses are an extension of the Psychic (subjective) Alpha senses, so that everything impressed on Beta neurons is also impressed on Alpha neurons. The physical stimuli are impressed on Beta neurons by Beta senses only when the Master Sense, the Mind, is aware of such impressions. When the Mind is not aware, the information bypasses the Beta neurons and is subliminally impressed on Alpha neurons. The Mind when projected to function from the Beta perspective cannot become aware of the bypassed information; it can only do so from the Alpha perspective. The Mind when functioning from the Alpha perspective can direct its psychic senses to detect information, impress it, on Alpha neurons and recall it in the future; can sense information previously impressed or presently being impressed on Alpha neurons; can detect the information that bypassed the Beta neurons; can from this perspective also sense the information previously impressed or presently being impressed on Beta neurons.

Learning to function from the Alpha perspective is of tremendous value when we consider what has been covered so far; but this is not all. The greatest discovery of all is that Mind (Master Sense) can be projected to function from the Alpha perspective and can be oriented to develop controls by establishing points of reference within the Alpha dimension. The Mind can learn to sense information impressed not only on its own Alpha neurons but can sense information impressed on the Alpha neurons of other brains, regardless of distance. It staggers the imagination to consider that all information which is impressed on Beta and Alpha neurons, regardless of a person's awareness of Beta and/or Alpha senses making such impressions, is now available to the human being.

The human being with his Intelligence can learn to enter the Alpha dimension; through Psychorientology he can learn to develop controls in establishing points of reference for proficient functioning within the subjective dimension. With the development of such proficiency, the human being

can function at the Alpha dimension whenever there is a need; he can project his Controlled Mind, making use of previously established points of reference, to sense information impressed on neurons of any brain that is on this planet, or a brain that is on any planet within our solar system, any solar system within our galaxy or on any galaxy within our universe. A person who develops as much proficiency in functioning at Alpha as he had developed at Beta can develop the means to function automatically within both dimensions depending on survival needs. A person who through training himself develops automatic responses at both Beta and Alpha dimensions becomes healthier, more productive and a better problem solving agent on this planet.

To start learning to use the Alpha dimension with controlled awareness is like being born again. It is starting from the beginning to establish original points of reference as we did when we were born and established the first points of reference at the Beta dimension. Man has developed to full proficiency the use of his Beta senses to detect, program and store information (knowledge) in his Beta region of brain. Man has also developed the ability to project his Mind (the Master Sense) to sense the stored information (knowledge) and put it to good use to solve problems. When a problem is solved, man becomes aware that he has used knowledge wisely. The accumulation of experiences of wisely solved problems develops into wisdom. Man's present concept of values is questionable to the extent that he is functioning from a very limited perspective using only one set of senses within one dimension, the Beta. The Law of Relativity is then applied to man's use of Mind projected to a perspective within the Beta dimension and everything that man has done is relative to his Mind limited in its function by such perspective. Man's wrong concepts of values reflect his ignorance of not knowing he could learn to use another dimension and another set of senses. Man using two dimensions and two sets of senses can project his Mind to function from a superior perspective: from that superior perspective he can use a larger store of knowledge, develop

greater wisdom, and conceive a more realistic and truer sense of values. Since the mind of man participates in everything, locating a superior mental perspective from which to function will help man to encompass through mental projection a greater spectrum that includes not only the planet in which he lives; but also his solar system, his galaxy, and his universe, along with the possibility of including the totality of the Microcosmos and Macrocosmos. Psychorientology (Psyche Orientation) is the new science that will help man to develop Mind Control and use it to locate his Superior Mental Perspective. Man will then become a superior human being; at that time he will be equipped to take the first step into the second phase of human evolution on this planet. A person can start right now to develop Mind Control and through Psychorientology he can achieve his goal of finding a superior mental perspective. The first step is for him to learn to enter the Alpha dimension with awareness and to establish points of reference. He charts every step of the way so that these points of reference may again be found in the future whenever he has need of them. He thereby establishes self-controlled awareness. As a person learns to function at more Alpha levels with self-controlled awareness (states of consciousness), he can start practicing the use of these levels for his benefit. In Education, for example, he can learn to impress and recall information more effectively; he then can achieve higher grades (a higher I.Q. factor becomes a possibility). In Health, he can learn to relax at will any time mentally and/or physically; he can learn to enter sleep naturally without the use of drugs; he can learn to correct many undesirable habits effectively; he can learn to prevent psychosomatic disorders; through all of this he can maintain a healthier body and mind. In Problem Solving, he can learn to communicate subjectively to obtain information from whoever has it, even at a distance, by the use of his developed psychic senses; he can also learn to use this information for problem solving, thus help himself become a more successful and better problem-solving agent on this planet. In Religion, while acquiring proficiency to function at Alpha levels, deep within, he can become resonant with a spiritual dimension, the dimension for prayer. If we are to

communicate with our creator and we have not succeeded at the world of the body dimension, it is because the body of man is the son of the creator of the body of man: "Man is the son of man." We will then succeed at the world of the mind dimension, the spiritual dimension, because there is no other alternative but that the mind of man is the son of the creator of mind: "Mind is the son of God." Since deep Alpha is a spiritual dimension, it is by this dimension that we can increase our I.Q., have better health, acquire greater problem-solving potential for success and communicate with our creator, our God; all is possible within this inner dimension. We need to find and learn to use this inner kingdom, then locate our Superior Mental Perspective from which we are able to form our new and better concepts of values. This dimension is a real Heavenly Kingdom that is within us and that we can use when we need to solve problems because functioning from this Superior Mental Perspective, "There is nothing concealed that will not be disclosed and nothing hidden that will not be made known" (Luke 12:2-3).

In the future we need to direct our emphasis to the area of meditation because of its tremendous benefits. A superior mental perspective from which to operate can be reached through mental exercises, such as those practiced in hypnosis, Yoga, Zen, Transcendental or Silva Mind Control meditation. Even biofeedback training in alpha sensing can help a person find a superior mental perspective, but for operating with awareness it must be accompanied by verbal instruction so as to use that dimension of thinking for specific applications. Whether or not a particular method of meditation requires the cutting out of all internal and external incoming stimuli, or becoming hypersensitive to internal stimuli, external verbal instruction is necessary for learning to function with awareness from a newly found mental perspective. Meditation and biofeedback help us to find the center, relaxed-thinking mental level of our brain frequency's spectrum. This is a very valuable state for health, because from this centered, mentally neutral level, there is no disturbing mental influence on the autonomic nervous system. This kind of disturbing

influence is nearly always erroneous, causing the sympathetic and parasympathetic nervous systems to get out of synchronization, thereby not producing what the body needs for self-repair, and causing psychosomatic health problems. Any system of meditation, and now also biofeedback training, can help us enter into the alpha-theta brain wave range. But so doing is only the first step; it is like entering the classroom for learning. What you learn to do once you are there is what counts. The advantage of Silva Mind Control is that not only does it help you to enter the classroom (the Alpha-Theta brain dimension) but also helps you to learn how to function with awareness within the dimension for specific purposes. It is like learning to use what was formerly known as the subconscious levels of mind but consciously. Some scientists are beginning to agree that this is possible and call it "learning to control altered states of consciousness;" others call it "thought control", "voluntary control of internal states", "psychosomatic self-regulation", "self-control of inner states of awareness", and by many other terms; but our method we chose to name Silva Mind Control.

Some so-called experts and even some not-too-versed scientists have said that the Silva Mind Control Method is nothing but hypnosis. The Alpha-Theta classroom (dimension) has many doors through which you can enter. Some are named: Magnetism, Mesmerism, Hypnotism, Yoga, Zen, Transcendental Meditation, The Art of Concentration, Prayer, fainting, shock and sleep. Yoga is not Zen; neither is Zen, Hypnosis; neither is Hypnosis, Silva Mind Control. Each seeks its own goals by using certain terms as tools for programming. The difference is found in the end results achieved with any method. For instance, in Hypnosis, using the terminology as used in Hypnosis and programming with it as is done in hypnotic programming, the programmed subject would respond in the following manner: the deeper the subject goes, the more he forgets; the less controls he has and he can only answer questions; he does not ask questions. He can also be lead to release control of his faculty of

visualization (made to hallucinate). With the Silva Mind Control Method, using the terminology as used in Silva Mind Control and programming with it as is done in Silva Mind Control programming, the programmed student would respond in this manner: the deeper the student goes, the more he remembers, the more controls he has; not only can he answer questions but he can also ask questions; and he can maintain control of his faculty of visualization (cannot be made to hallucinate). The ultimate results of programming with Silva Mind Control as compared with programming with hypnosis are completely different. So Hypnosis is not Silva Mind Control nor Yoga and Silva Mind Control is not Hypnosis nor Yoga, because each has and uses its own different terminology and uses it to program in its own different way, seeking to achieve its own different goals. The goal of Silva Mind Control is to help every human being find his Alpha-Theta dimension and learn to use it with awareness for problem solving. It is at this dimension that human beings can detect information by means other than by using their known, so-called five senses. This detection of information Silva Mind Control calls Subjective Communication and it can be used for Subjective Education, helping man to develop into a superior human being because he can then make use of two dimensions and two sets of senses instead of one.

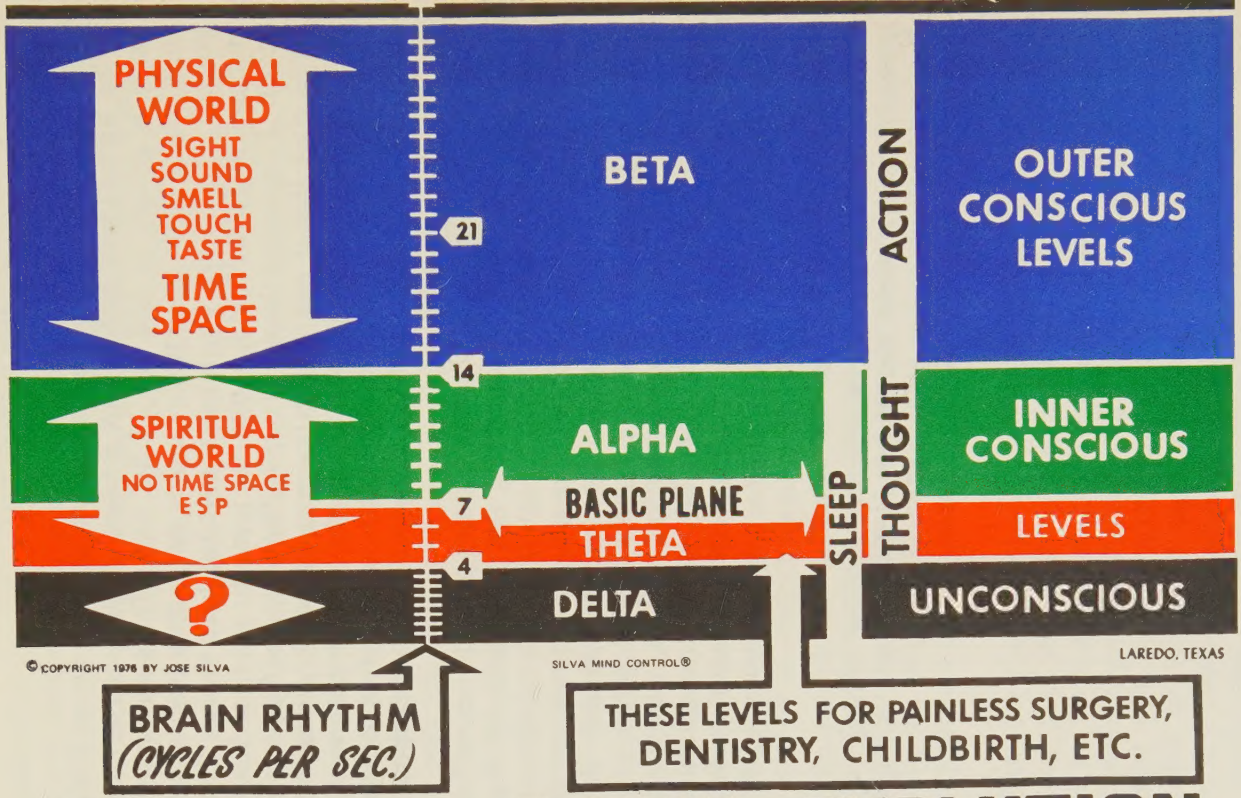
The questions about physical (drugs, electrical) control of mind (thought control) and mental brain wave control (in and out of Alpha-Theta) continue and answers continue to be unsettled and confusing among scientists.

What is control for one scientist is not control for another; it seems that what one scientist discovers twenty scientists want to undiscover instead of to help discover more. If we could only establish a law for scientists that before any scientist tries to tear apart anyone's discovery, that he be prepared to replace it with something better, we would really get ahead. In our case some scientists have said that we should not say that with Silva Mind Control we can

control the brain-waves, unless we are attached to an EEG or to Alpha-Theta biofeedback sensors. If the control they mean is getting in and out of the Alpha-Theta dimension (in = Alpha-Theta brain wave output; out = Beta brain wave output), then it can be stated that it has been proven that students of Silva Mind Control can learn to get in and out at will. Concerning the use of Alpha-Theta sensors for testing let us state that it gets a little tiresome, especially when you have tested a few thousand and get the same results, more so when you have found a different way of testing that is simpler, less expensive and just as accurate for our purpose.

Silva Mind Control Meditation is down to earth, scientific, fast, effective, simple, economical and just right for the western world. Many imitators of our work are starting to appear; many more will continue to appear. Do not accept an imitation. Play it safe. Go for the original, the creators of the first method in history that offers you controlled Effective Sensory Projection (E.S.P.), Subjective Communication, and Subjective Education through the Silva Method as taught by Silva Mind Control International, Inc., Laredo, Texas, the Creators of MIND CONTROL ®.

In subsequent books we will consider and discuss education, religion, the healing arts and problem solving in general from a superior mental perspective achieved through Psychorientology.



SCALE OF BRAIN EVOLUTION

THE KEY TO THE KINGDOM

Many of the outstanding discoveries in history have been made when their creators stumbled "by chance" across events that eventually led them to brilliant contributions for mankind. This was the case in 1944 when José Silva seeking to raise IQ levels in children, found startling outcroppings of ESP in the little subjects. This was the spark that ignited a lifelong quest and drove him to many years of the tireless research that eventually gave birth to what is now known in many parts of the world as Silva Mind Control.

On another tack Emilio Guzmán the author of this book, as far back as 1928 was attempting his first experiment in telepathy between California and New York. Thus began a long road of absorbing interest in the subjective world which led him to earn for himself a solid reputation as writer and lecturer on this theme.

These roads were destined to meet. When it happened Guzmán recognizing at once the importance of the Mind Control work, embraced the movement with enthusiasm. In a statement made to LIFE magazine he commented: "There is no doubt that José Silva will go down in history as an important discoverer who brought transcendental elements to the New Phase of Human Evolution that is dawning in the present century."

Silva's creation has produced a method for controlling the expanding energies that are liberated in the Alpha levels of the brain and this contributes to the salvation of a world facing the critical unbalance brought about by a runaway technology. A world that in the throes of material conquest has lost the way and the key to the inner kingdoms.

José Silva without pausing to appraise or label his own work as humble or outstanding, affirms with the fervor of a splendid vision that these methods clarify the fundamentals of our existence and place in our hands a glittering find; The Key to the Kingdom.

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